

# JUST YOUR EARS

## PIERCING AFTERCARE FOR **LOBES**

CLEAN TWICE A DAY OR AS NEEDED FOR 6 WEEKS. IT TAKES 6 MONTHS TO FULLY HEAL



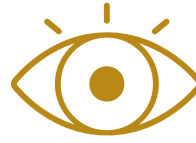
### 1. SPRAY

SALINE ON FRONT & BACK  
LET SIT 10 SECONDS



### 2. WIGGLE

BACK & FORTH 1-2 TIMES



### 3. INSPECT

EARRINGS ARE "LOOSE"  
AND IN THE NOTCH



### 4. PAT/AIR DRY

USING PAPER TOWEL, NO  
Q-TIPS OR COTTON BALLS

1. Wear piercing earrings on the **loosest setting** and in the notch for **6-8 weeks**. Tightness can cause embedded earrings, our security earring backs prevent earrings from easily coming off.
2. **Wear earrings** at ALL times, **24/7** for about **9-12 months** to avoid closed holes! Holes can close within minutes/hours in the beginning. Avoid changing early and don't go overnight without earrings for about a year.
3. Don't touch, twist or take your earrings out during the initial 6 week healing period. Ear lobes take **6 months to fully heal** on the inside.
4. For **irritated ears, leave earrings IN**, figure out the irritation and fix the problem. Common Irritations- too tight, too short, metal allergy or accidental trauma.
5. We don't recommend **swimming** immediately following a piercing, wait at least 7 days. If you choose to swim, clean well right after keep an eye out for irritation,
6. **Wait 6-8 weeks minimum to change**. Choose quality, small, straight post studs. No dangles or circular hoops for 6 months. We carry hard to find flat back sleeping earrings, and earrings in titanium that will not make even the most sensitive ears hurt!
7. Earring **changes in first 6 months**: do 1 ear at a time, **lubricate** earring posts **with vaseline, spray aftercare** on lobe to soften. Avoid changing too often for 6 months. If it gets tender/irritated go back to your original posts, wear on loose notch try warm saline soak.
8. Piercing **irritations**, try warm **saline soaks**. Mix 1 cup hot water and 1/8 tsp non iodized sea salt, soak ear for 3-5 min or wad up paper towels to make a warm compress. Soak twice per day in addition to regular cleaning.
9. Avoid using **ointments** like Bactine/Neosporin, we want a tunnel not a scab.
10. **Can't get earring in**. Soak ear in warm water for 4 minutes, lubricate earring post with vaseline and spray lobe with aftercare solution and try inserting from back of ear then front.

TROUBLESHOOTING, TEXT FOR HELP 425 533-2150

## WE CARRY QUALITY EARRINGS, SPARE PARTS & ACCESSORIES

- PLASTIC EARRINGS PARTS/BACKS
- STAINLESS EARRINGS/BACKS
- TITANIUM EARRINGS/BACKS
- EMERGENCY TRAVEL & CARE KIT
- FLAT BACK EARRINGS
- SLEEPING/COMFORT EARRINGS
- EAR CUFFS
- HOOPS & DIAMONDS,