

## **Ear cartilage piercings**

In the first 6 weeks:

No chlorinated water. No herbal/bubble baths.

Make sure to only touch the piercing with clean hands.

Aftercare for your piercing:

Do not turn or move the piercing whilst dry! This will cause the wound to open up again.

Always wash your hands before touching the piercing.

Wash twice daily with an unscented soap, such as Unicura.

Use some cotton pads and warm water to clean around the area of the piercing and the jewellery itself.

Always use clean cotton swabs and/or cotton pads.

Ensure that the area is free of scabs before attempting to move the jewellery.

Do not use alcohol or Sterilon, as this will dry the wound too much. Do not use Betadine with gold jewellery, as this will make the jewellery dull.

Ensure that no make-up or cleansing products come into contact with the wound.

For the first two weeks, change your pillowcase every two days. Use one side one day, and the other side the next day.

When using a phone, hold it on the other side of your head from where the piercing is. This will help to prevent bacterial infection.

Further:

How long it takes for a piercing to heal depends on the type of piercing. Usually, after three weeks the pain will subside.

It takes 8-12 months for an ear cartilage piercing to fully heal. A tragus piercing will take up to 12 months to heal.

Alcohol, drugs and lack of sleep have a negative effect on the healing process and will extend the healing time significantly.

In cases of inflammation:

Even if you follow all of the instructions, your piercing may still become infected.

Do not remove the jewellery. The jewellery keeps the wound open, which helps the body reject any infected material.

Soak the piercing twice daily with a salt solution (1 small teaspoon of coarse sea salt without additives in a glass of boiled water that has been allowed to cool.) Do this with a clean cotton pad.

In cases of severe redness, swelling and pussing, you should contact your doctor.

