

EAR LOBE REPAIR

POST-CARE DIRECTIONS

Recovery time is typically about 14 days, and results are noticeable right away. However, it sometimes takes 4 to 6 weeks for swelling to disappear completely. Typically you can plan to have the ear re-pierced a month after the repair.

DO:

- ☐ Keep your head elevated.
- ☐ Sleep on your back for 2 weeks.
- ☐ Follow post-care wound cleaning directions. Use diluted hydrogen peroxide 50/50 water mix, apply the mixture with a Q-tip or clean gauze pad to incision 2 times a day.
- ☐ Apply a layer of Aquaphor or Petrolatum to all incisions a minimum of 2 times daily.
- ☐ Eat a healthy, well-balanced diet. Avoid restrictive diets and avoid alcohol while healing.
- ☐ Be patient with yourself, the healing process, reduction in swelling, and the showing of results.

DO NOT:

- ☐ Do not perform physical activity, including athletic activities, intercourse, aerobic exercise, weight training, heavy lifting, and straining. You may gradually resume exercise 2 weeks after the procedure; light walking is okay and recommended. Listen to your body; if it hurts the treated area- Stop.
- ☐ Do not hit your ears when brushing or styling your hair.
- ☐ Do not allow the surgical area to become too hot, such as with a hairdryer or curling iron.
- ☐ Do not scratch or pick while your skin is healing.
- ☐ Do not spend extended periods in the sun or tanning bed.
- ☐ Do not swim or spend time in saunas for 4 weeks.
- ☐ Do not be exposed to excessive heat or cold for 2 days.



QUESTIONS OR CONCERNS?
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