



MAINTAINING A HEALTHY PIERCED EAR



Pick the area for piercing carefully since certain areas, such as the cartilage, take more time to heal and are more prone to infections.



If your baby has just gotten their ear pierced, avoid swimming in lakes, oceans, pools, or hot tubs.



Try to avoid hoop earrings in children and babies to prevent them from accidentally or intentionally pulling on them.



It may be better to wear high-quality metals for earrings rather than nickel or cheap ones to prevent infection.



Rotate the earrings occasionally to keep the pierced holes open.



Every once in a while, try cleaning the area with a salt solution consisting of salt dissolved in warm water.

REFERENCES

1. **Ear piercings for kids:** Safety tips from pediatrician; Riley Hospital for Children; Indiana University

2. **Pierced ears:** How to prevent painful infections; Nationwide Children's Hospital

3. **How to safely get your child's ears pierced;** Johns Hopkins Hospital