

Post-Operative Instructions for *Earlobe Repair*

After Surgery

- Some oozing is normal. If you have bleeding, place a small gauze over the area of bleeding and hold pressure for 5 minutes looking at the clock and it will stop.
 - Swelling is normal and will peak at 48 hours.
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Activity

- 5 days of no exercise/sweating.
 - After 5 days, ok to restart activity.
 - No swimming for 3 weeks.
 - Showers are ok.
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Medications

- Take acetaminophen and ibuprofen for pain.
 - You do not need antibiotics.
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What To Expect While Healing

- Bruising is normal, this will be better in 1 week and usually gone by 2 weeks.
 - The scar will be reddest at 3-6 months – this is normal healing.
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Follow-Up

- You can re-pierce your ear at 3 months after the procedure.
 - Bring an earring to this visit. The earring will stay in for 6 weeks after piercing.
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Scar Care

- First 2 weeks:
 - Apply Aquaphor twice a day and then stop.
- After 2-3 weeks:
 - Sun avoidance: hats, sunscreen
 - Silicone scar sheets at nighttime for 3-6 months. Apply at night, remove in the morning. Purchase online or at pharmacy. (We will discuss at your post-operative appointment)