



## Low Plastic Surgery (LPS)

### PIERCING (EAR OR BELLY BUTTON) CARE INSTRUCTIONS

1. **Supplies Needed:** Soap (Dove or Lever 2000 unscented), Tap Water, Medical Tape, Hydrogen Peroxide (3%) and Gauze (4x4s).
2. **Wound care:** Ear and belly button wounds are often dressed with medical tape or gauze right after the procedure. The dressing should be left in place for about 24 hours in most cases. Sometimes on the earlobe there will not be a dressing. You may get the area wet within 24 hours. Leave the piercing or stud in place for 10-14 days to ensure that a skin track full develops. On the second day the wounds should be cleaned with soap and water first; and, then for 3 days with half to quarter diluted Hydrogen Peroxide. You may also clean the wound with rubbing alcohol instead of H<sub>2</sub>O<sub>2</sub> for 3 days if you prefer. When cleaning the wound the first several days it is important to use good hygiene by washing your hands first and using non-sterile gloves when others are dressing the wound. The wound care sequence:
  - Remove dressing at 24 hours if present.
  - Once a day clean the wound with soap and water, Dove is best, gently pat dry. (Avoid soaking in bath or dishwasher).
  - Gently remove old ointments, old blood, and debris during cleaning.
  - Use a hair dryer to dry the wound before re-dressing or after cleaning.
  - Use diluted Hydrogen Peroxide to remove old blood and clean for 3 days.
  - Avoid using non-diluted Hydrogen Peroxide.
  - Shower when possible once a day and expect some oozing for several days.
  - Keep the hair out of the wound and remove debris if necessary to clean
  - If signs of infection such as persistent redness, drainage, or pain should be reported
3. **Track Formation:** After the wound has been properly cared for 2 week the skin track is usually well formed. At this point the stud or are of piercing can be removed and cleaned. The stud or piercing should be replaced in a timely manner particularly for the first month. Most pierced areas will seal or close after several days of not re-cannulated. All metal piercing need to be removed or replaced with plastic stud or device prior to surgical procedures to avoid grounding and skin burns. Remember after tummy tuck surgery or earlobe reconstruction the area should not be pierced or re-pierced for 6-8 weeks. Dr. Lowe will pierce post-surgical patients for free to ensure the best results. Not everyone is a candidate for piercing particularly if you have a history of Keloids or wound has not fully healed.
4. **Individualized care:** Care for piercing should be individualized. Each patient has different issues that impact care such as age, health, nutrition, location, scar formation, and complexity. There are times when piercing is not appropriate. Please notify your physician:
  - Significant bleeding that does not stop after 15 minutes of continuous pressure
  - Wound becomes significantly red, swollen, hot, or is significantly oozing
  - You develop a persistent fever over 101.5 F°
  - Severe pain not controlled by medications

**PSDA PHONE NUMBER:** (405) 942-4300

- Please call for any wound care concerns.
- Please feel free to call us at any time if you have questions, change in condition, or problems.