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Effective Ear Piercing Aftercare Tips and Advice You Can Try by Dr Easton Patrick

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Ear piercing is one among the common trends found among teenagers of both genders. This trendy piercing technique can be done in vivid procedures. Indwelling cannula method, dermal punching, piercing gun and standard needle method are some common types of ear piercing procedures. Care after ear piercing plays a vital role in maintaining the health of ear lobes. At present, piercing gun method is the most widely used procedure. In order to avoid the risk of infections, it is recommended to sterilize the ear piercing instruments properly before following the procedure. In usual case, it will heal within eight to ten weeks duration. For faster healing, it is advised to clean piercing once per day. You can easily do this cleaning procedure during bathing time.

Applying saline water is one among the best ear piercing aftercare tips suggested by health practitioners. It helps in removing crust due to accumulated lymph on ear lobes. Saline water is found to be as a perfect home remedy for healing wounds. It prevents microbial attacks and promotes faster healing process. Bacterial infection is a common problem affecting unconsidered ear lobe. In order to avoid disturbance and minimize infection, it is advised to tie up hair. Loose hair can easily promote ear infection due to hair products and dirt. Use of body shampoos without harsh chemicals is another main ear piercing aftercare tip. Body wash with artificial preservatives and chemicals increases the chance of inflammation and irritation on skin surface. To promote healing, it is recommended to use herbal products devoid of dyes and perfumes.

Maintaining cleanliness of pillow cover is an important ear piercing aftercare tip. If proper cleanliness is not maintained, it can lead way to bacterial growth. This in turn impacts on normal healing process of body. Apart from maintaining proper body cleanliness, lifestyle of person also plays a significant role in promoting healing process of body. As an after care tip, it is advised to limit or avoid smoking and intake of alcohol. Intake of vitamin B supplements is a common recommended ear piercing aftercare tip. Those people who just had ear piercing are advised to include a good amount of vitamin B enriched food items in their diet schedule. Crab, lamb, eggs, cheese, spinach, carrots and celery are some common recommended food items with good source of vitamin B.

Similar to vitamin B supplement, intake of zinc supplement is advised by physicians. Some among the food items with good concentration of zinc include veal liver, sesame seeds, toasted wheat germ, dried water melon seeds and peanuts. This essential mineral is found to be as a good natural source to improve the immunity power of body. Apart from enhancing immunity power, it is also used for healing wounds, controlling weight, improving vision and delaying aging impact on person. In order to promote healing process of body, it is advised to avoid using ointments on wound. Applying tea tree oil is another safe ear piercing aftercare tip for healing. Antibacterial property enriched in tea tree oil prevents microbial action and enhances healing process naturally.

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Dr Easton Patrick - About Author:
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