

EARRINGS, STAYING HEALTHY, AND LOOKING GOOD

My sister had a really bad earring experience. So I'm going to give you some advice. I'm pretty sure you don't want what looks like a red balloon growing out of the side of your ear. We laugh about it now, but at the time she was in sooooo much pain. I felt really, really bad for her.

So if you want to make sure your ears stay healthy, there are some simple rules to follow. If you have newly pierced ears:

FLIP OVER FOR YOUR NEXT CHALLENGE



EARN THIS NUGGET

- If you have a new piercing, follow the instructions carefully for the first six weeks to ensure healthy ears.
- For all the rest of you, check through the earrings and make sure that the earrings you have are all made from high quality gold or stainless. If in doubt, put them aside and choose earrings that you know are high quality.
- Clean your earrings. Set up the materials so that you can easily clean earrings when you remove them at night.

- Handle carefully. You need to turn your earrings daily while the hole heals. But always do it with clean hands. You don't want to introduce bacteria.
- Don't remove your starter stud for around six weeks. That's how long it will take to totally heal up.
- Avoid clothing like hats and scarfs around your ears. You don't want anything that might snag them.
- Avoid getting chemicals on them like shampoos and soaps. These could irritate or even cause an infection.
- Make sure you clean your piercing front and back with an appropriate solution and cotton ball regularly to keep the piercing clean. Now for regular day-to-day healthy ears:
- Make sure you only wear high quality earrings, fourteen-carat gold or purer, or stainless steel. Wearing less pure materials can easily cause problems. One girl I knew thought it would be cool to wear a thumb tack. That didn't end well, I can tell you.
- Remove the earring at night. This allows air to get to the hole and prevents infection.
- Regularly clean your earrings with rubbing alcohol when you have removed them to prevent a buildup of matter around the stud that can easily contain bacteria.

