

# Different Types of Ear Piercings: Styles, Pain, Healing & Aftercare



Ear piercings are one of the most common ways to wear jewelry. They are simple, flexible, and work for almost every style. From a basic lobe piercing to more detailed cartilage placements, there are many options to choose from.

But choosing a piercing is not only about how it looks. Every ear piercing is different in terms of pain, healing time, and care. A lobe piercing usually heals quickly and is easier to manage. Cartilage piercings, on the other hand, take longer and require more attention during healing. These differences matter more than most people expect.

Many beginners focus only on trends or aesthetics. That often leads to poor decisions and healing issues. Understanding what to expect makes a big difference. Pain levels vary depending on the placement. Healing can take weeks or even months. Proper aftercare is necessary to avoid irritation or infection, especially in cartilage areas.

This guide is designed to give you clear and practical information. You will learn about different ear piercing types, how they compare in pain and healing, and what daily care actually looks like. More importantly, you will be able to choose a piercing that fits your comfort level and routine.

## **Why People Love Ear Piercings**

Ear piercings have remained popular for years because they offer more than just decoration. They are easy to wear, adaptable, and suitable for different lifestyles. For many people, they become a long-term part of personal style rather than a temporary trend.

### **Personal Style and Self-Expression**

One of the biggest reasons people choose ear piercings is the ability to express their style. A single piercing can look minimal and clean, while multiple piercings create a more layered and curated appearance. This flexibility allows individuals to shape their look in a way that feels personal and natural.

### **Easy to Change and Style**

Ear piercings make it easy to switch styles without much effort. Once healed, jewelry can be changed quickly. A simple swap from studs to hoops can completely change the overall look. This makes ear piercings practical for everyday wear as well as special occasions.

### **Long-Term Value**

Unlike many fashion choices that change over time, ear piercings offer long-term value. With proper care, they can last for years. This makes them a one-time decision that continues to provide styling options without repeated effort.

### **Low Maintenance After Healing**

Another reason people prefer ear piercings is their low maintenance. The healing phase requires proper care, but after that, daily upkeep is minimal. This balance between initial effort and long-term ease makes them a practical choice.

## **Suitable for Different Styles and Ages**

Ear piercings work for a wide range of people. Some prefer a subtle and simple look, while others go for multiple piercings to create a bold style. There is no fixed approach, which makes ear piercings accessible and widely accepted.

## **Enhances Overall Appearance**

A well-placed ear piercing can improve overall appearance. It can highlight facial features and bring balance to the face. Even a small addition can make a noticeable difference in how a person looks and feels.

## **Flexible and Evolving Over Time**

Ear piercings are not fixed in style. People can add new piercings over time or change jewelry based on trends and preferences. This flexibility allows them to evolve without needing a complete change.

## **Things to Consider Before Getting a Piercing**

Getting an ear piercing may seem simple, but it's still a body procedure that requires planning. The right choice depends on more than just style. Factors like pain, healing time, lifestyle, and aftercare all play a role in how smooth your experience will be. Taking a few minutes to understand these basics can help you avoid common problems and make a better decision.

### **Pain Tolerance Matters**

Not all ear piercings feel the same. Lobe piercings are usually mild because the tissue is soft. Cartilage piercings, such as helix or tragus, tend to be more painful due to the thicker structure. Pain levels vary from person to person, but knowing what to expect helps you prepare mentally. If you have a low pain tolerance, starting with a lobe piercing is often a better choice.

### **Healing Time Is Different for Every Piercing**

Healing is one of the most overlooked factors. Lobe piercings can heal within a few weeks, while cartilage piercings may take several months. During this time,

the piercing needs consistent care. Rushing the process or changing jewelry too early can delay healing and cause irritation. Choosing a piercing that matches your patience level is important.

### **Aftercare Requires Daily Attention**

Every new piercing needs proper aftercare. This usually includes cleaning the area regularly, avoiding unnecessary touching, and keeping the jewelry in place during healing. Skipping these steps increases the risk of infection or swelling. If you have a busy routine, consider whether you can commit to daily care before choosing a more complex piercing.

### **Your Lifestyle Can Affect Healing**

Your daily habits can impact how well a piercing heals. Sleeping on one side, wearing headphones, or using helmets can put pressure on certain areas of the ear. This can cause discomfort and slow down healing, especially for cartilage piercings. It is important to choose a placement that fits comfortably with your routine.

### **Choosing the Right Jewelry Material**

The type of jewelry used in a new piercing matters more than most people think. Materials like surgical steel, titanium, or gold are generally safer for fresh piercings. Lower-quality metals can cause irritation or allergic reactions, especially in sensitive skin. Starting with high-quality jewelry reduces the chances of complications.

### **Hygiene and Professional Piercing Matter**

Where and how you get your piercing is just as important as the type you choose. A clean environment and proper tools reduce the risk of infection. Professional piercers follow hygiene standards and use sterile equipment, which makes the process safer. Avoiding unsafe practices can prevent long-term issues.

### **Possible Risks and Complications**

Even with proper care, there are some risks to consider. Common issues include redness, swelling, or mild discomfort during healing. In some cases, infections or allergic reactions can occur if aftercare is not followed or if unsuitable jewelry is used. Being aware of these risks helps you respond early and avoid serious problems.

## Complete List of Different Types of Ear Piercings

Ear piercings come in many styles, and each one has a different placement, pain level, and healing requirement. Understanding these differences helps you choose a piercing that matches both your style and your comfort level.



### Helix Piercing

A [\*helix piercing\*](#) is one of the most popular cartilage piercings. It is placed on the upper outer edge of the ear, where the cartilage naturally curves. This area is visible, which makes it a great choice for people who want a noticeable but still simple piercing. The helix piercing is often chosen as a first cartilage piercing because it balances style with manageability. It can be worn alone or combined with other piercings for a layered look.

- **Pain level (5/10):** The pain is moderate. Since it goes through cartilage instead of soft tissue, the sensation is sharper than a lobe piercing. However, the pain is usually quick and manageable.
- **Healing time (3 to 6 months):** Healing depends on aftercare and daily habits. The area can feel healed before it is fully recovered, so consistent care is important throughout the entire period. Sleeping on the piercing side or frequent touching can slow healing.
- **Jewelry style:** Helix piercings are highly versatile. Most people start with a flat-back stud to reduce pressure during healing. Once healed, small hoops, seamless rings, or decorative studs are commonly used. Titanium and surgical steel are often recommended for new piercings due to their skin-friendly properties.

## Double Helix Piercing

A [double helix piercing](#) includes two piercings placed closely together along the upper cartilage of the ear. It creates a stacked, symmetrical look that feels more styled and intentional compared to a single helix.

This option is popular among people who want a more noticeable cartilage setup without moving into more complex piercings. It can be done in one session or spaced out depending on pain tolerance and healing preference.

- **Pain level (5.5/10):** The discomfort is slightly higher than a single helix because the cartilage is pierced twice. If done in one session, the sensation may feel more intense but still short-lived.
- **Healing time (4 to 6 months):** Healing can take a bit longer than a single helix. The presence of two healing points means more care is required to avoid irritation. Consistency in cleaning and avoiding pressure on the ear is important.
- **Jewelry style:** Double helix piercings are often styled with matching studs for a clean, balanced look. Some people prefer mixing a stud and a small hoop for contrast. Once fully healed, both minimalist and decorative jewelry options can be used. Lightweight materials are recommended during healing to reduce stress on the cartilage.

## Forward Helix Piercing

A [\*forward helix piercing\*](#) is placed on the front part of the upper ear cartilage, near where the ear connects to the side of the face. This placement makes it slightly more subtle but very stylish when viewed from the front. It is often chosen for its delicate appearance and works well as a single piercing or in multiples, such as double or triple forward helix setups.

- **Pain level (6/10):** The pain is slightly sharper compared to a standard helix because the area is smaller and more sensitive. The discomfort is brief but can feel more intense during the piercing process.
- **Healing time (3 to 6 months):** Healing requires careful attention because the location is more exposed to hair, headphones, and accidental touching. These factors can easily cause irritation if not managed properly.
- **Jewelry style:** Small flat-back studs are the most suitable choice, especially during healing. Due to limited space, forward helix piercings do not usually accommodate large jewelry. After full healing, small decorative studs or tiny hoops may be used depending on placement and ear anatomy. Titanium jewelry is often preferred to minimize irritation.

## Industrial Piercing

An [\*industrial piercing\*](#) is one of the most noticeable ear piercings. It connects two separate cartilage points, usually on the upper ear, with a single straight barbell. Because of its bold structure, it is often chosen by people who want a stronger, more defined ear aesthetic.

This piercing requires precise placement. The two holes must align correctly for the jewelry to sit comfortably. Due to this, it is important that it is done by an experienced professional piercer. Incorrect angle or placement can cause long-term discomfort or slow healing. Industrial piercings also experience more movement and pressure compared to single piercings. This makes aftercare especially important during the healing phase.

- **Pain Level (7 to 8/10):** The pain is higher than most ear piercings because it involves two cartilage piercings connected at once. The sensation is sharp and more intense, but it is still brief.

- **Healing Time (6 to 12 months):** Healing is longer than average because two piercing points must recover simultaneously. The barbell can also create pressure if the ear is bumped or slept on, which may slow the process.
- **Jewelry Style:** Industrial piercings are typically worn with a straight barbell, which is the standard and safest option. Materials like titanium or surgical steel are preferred during healing. Once healed, decorative barbells with unique ends can be used to personalize the look.

## Conch Piercing

A conch piercing is placed in the middle part of the ear cartilage, known as the “concha.” It is named after the shell-like shape of the area. This piercing is popular because it offers flexibility in styling while still being visually striking.

The conch can be done in two variations: inner conch and outer conch. The inner conch is pierced in the central bowl of the ear, while the outer conch sits closer to the outer cartilage rim. Both variations allow for different jewelry styles and visual effects. This piercing is often chosen by people who want something noticeable but not overly bold.

**Pain Level (6/10):** The pain is moderate to moderately high. The cartilage is thicker in this area, so the sensation is sharper than a lobe piercing but usually manageable.

**Healing Time (4 to 9 months):** Healing time depends on placement and aftercare. Inner conch piercings may take longer because they are deeper in the ear and more prone to pressure from earbuds or sleeping.

**Jewelry Style:** Conch piercings can be styled with flat-back studs during healing. Once healed, they can also hold hoops that circle the outer ear, creating a bold and stylish look. Titanium and gold are commonly recommended for long-term wear due to their skin compatibility.

## Lobe Piercing

A lobe piercing is the most basic and widely known ear piercing. It is placed on the soft lower part of the ear, which makes it the least painful and easiest to heal compared to cartilage piercings.

[Lobe piercings](#) are often the first step for beginners. They are also commonly used for multiple piercing combinations, such as double or triple lobes. Because of their simplicity, they offer the most flexibility in styling and jewelry choices. Even though they are simple, proper care is still important during healing to avoid infection or irritation.

- **Pain level (2/10):** The pain is very mild because the tissue is soft and contains fewer nerve endings compared to cartilage.
- **Healing time (6 to 8 weeks):** Lobe piercings heal relatively quickly. However, they still require consistent cleaning during the initial weeks to ensure proper recovery.
- **Jewelry style:** Lobe piercings can be styled with almost any type of jewelry, including studs, hoops, and huggies. During healing, simple studs made from safe materials like surgical steel or titanium are recommended. Once healed, they offer the widest range of styling options among all ear piercings.

## Rook Piercing

A [rook piercing](#) is placed in the upper inner cartilage fold of the ear, just above the daith area. It is one of the more unique cartilage piercings because of its tucked and curved placement. This makes it less visible from the front, but very stylish when viewed from the side.

The rook area has thicker cartilage, which makes the piercing slightly more challenging to heal compared to simpler placements like the lobe or helix. It is often chosen by people who want a subtle but distinctive addition to their ear setup. Because of its location, proper aftercare is important. The area can be harder to clean and more sensitive to pressure from sleeping or touching.

- **Pain Level (6 to 7/10):** The pain is moderately high. The cartilage in this area is dense, so the piercing can feel sharp and intense during the process. However, the sensation is short-lived.

- **Healing Time (6 to 10 months):** Healing takes time due to the thickness of the cartilage and its folded position. Irritation can easily occur if the area is pressed or disturbed during sleep.
- **Jewelry Style:** Curved barbells are the most commonly used jewelry for rook piercings. During healing, simple titanium or surgical steel pieces are recommended. Once healed, decorative curved designs can be used for a more personalized look.

## Daith Piercing

A [\*daith piercing\*](#) is placed in the innermost fold of the ear cartilage, just above the ear canal. It has a very distinct and hidden placement, making it one of the most visually unique ear piercings.

The daith is often chosen for its aesthetic appeal, especially when styled with a small hoop. It sits in a naturally curved area, which allows for seamless circular jewelry once healed. Due to its position, it can be slightly sensitive during healing. It is also important to avoid pressure from earbuds or headphones, as this can slow recovery.

- **Pain Level (6 to 7/10):** The pain is moderate to high. The area is tight and thick, which can make the initial piercing feel more intense than standard cartilage piercings.
- **Healing Time (4 to 9 months):** Healing varies depending on care and daily habits. The inner location makes it more prone to irritation from movement, so consistent aftercare is important.
- **Jewelry Style:** Hoops or captive bead rings are most commonly used for daith piercings. Titanium and gold are preferred for healing. Once healed, decorative rings can be used to enhance the curved shape of the ear.

## Tragus Piercing

A [\*tragus piercing\*](#) is placed on the small, thick piece of cartilage that sits in front of the ear canal. It is a compact and stylish piercing that has become increasingly popular in modern ear styling.

The tragus is small but dense, which makes precision important during piercing. It is often chosen for its minimal yet noticeable appearance. It also pairs well with other cartilage piercings for a balanced ear layout. Because of its location near the ear canal, special care is needed to avoid irritation from earbuds or frequent touching.

- **Pain Level (6/10):** The pain is moderate. The cartilage is thick, so the piercing can feel sharp, but the small area means the process is usually quick.
- **Healing Time (3 to 6 months):** Healing is relatively moderate compared to deeper cartilage piercings. However, pressure from headphones or touching can delay recovery if not managed properly.
- **Jewelry Style:** Flat-back studs are the most recommended option during healing. Once healed, small hoops or decorative studs can be used depending on comfort and ear shape. Titanium is often preferred for sensitive ears due to its low reaction risk.

### Anti-Tragus Piercing

The [\*anti-tragus piercing\*](#) is placed on the small cartilage opposite the tragus, just above the earlobe. It is a less common piercing, which makes it a unique choice for people who want something different from mainstream ear styles.

This area has thick cartilage and limited space, which makes precise placement very important. Not everyone has a prominent anti-tragus, so anatomy plays a major role in whether this piercing is suitable. A professional piercer usually evaluates the ear structure before proceeding. Because of its position near the lobe and inner ear area, it can be slightly sensitive during healing and may be affected by movement or pressure.

- **Pain Level (6 to 7/10):** The pain is moderate to high. The cartilage is dense, and the piercing can feel sharp during insertion. The tight space can also increase sensitivity.
- **Healing Time (6 to 9 Months):** Healing takes time due to the thickness of the cartilage and frequent movement in the lower ear area. Care must be taken to avoid irritation from sleeping or accidental touching.

- **Jewelry Style:** Curved barbells or small captive rings are commonly used, depending on anatomy. Titanium is preferred during healing to reduce irritation. Once healed, more decorative jewelry can be used, but comfort should always be the priority due to the tight placement.

## Snug Piercing

A [\*snug piercing\*](#) is placed through the inner ridge of cartilage on the mid-outer ear. It is one of the most challenging ear piercings because it passes through a thick and tightly curved section of cartilage.

This piercing is not suitable for all ear shapes. The anatomy must allow enough space for correct placement, and even then, healing can be more sensitive compared to other cartilage piercings. Snug piercings are chosen for their bold and uncommon look, but they require commitment during healing.

- **Pain Level (7 to 8/10):** The pain is high due to the thick cartilage and curved placement. The pressure during piercing can feel intense, but it is brief.
- **Healing Time (6 to 12 months):** Healing is long and can be sensitive. The area is prone to irritation from sleeping pressure and movement, which can extend recovery time if not carefully managed.
- **Jewelry Style:** Curved barbells are typically used. Straight jewelry is not suitable due to the natural curve of the ear. Titanium is strongly recommended during healing. Once fully healed, jewelry options remain limited because of the anatomy of the piercing.

## Orbital Piercing

An [\*orbital piercing\*](#) involves two separate holes connected by a single ring or hoop. It can be placed in different areas of the ear, most commonly in the lobe or upper cartilage. The result is a circular “orbit” effect that wraps around the ear.

This piercing is often chosen for its creative and decorative look. Unlike standard piercings, the focus is on the jewelry connecting the two points, rather than just the placement itself. Proper alignment is important so the ring sits comfortably without pulling or pressure on the skin.

- **Pain Level (5 to 7/10):** The pain depends on placement. Lobe orbital piercings are milder, while cartilage orbital piercings feel more intense due to thicker tissue.
- **Healing Time (3 to 6 months for lobe and 6 to 9 months for cartilage):** Healing varies based on location. Both holes must heal evenly to ensure the jewelry sits correctly without irritation.
- **Jewelry Style:** A seamless hoop or captive ring is used to connect both piercing points. Titanium or gold is recommended, especially during healing. Once healed, decorative rings can be used to enhance the circular design effect.

## Auricle Piercing

An [\*auricle piercing\*](#) is placed on the outer edge of the ear between the lobe and the upper cartilage. It sits in a transitional area where soft tissue gradually becomes cartilage. This makes it a versatile piercing that works well as a subtle addition or as part of a multi-piercing ear design.

It is often chosen by people who want a cartilage-like look without going for more intense placements. Because of its location, it blends easily with both lobe and upper ear piercings, making it a good balancing point in an ear stack. The auricle area is relatively easy to style, but it still requires proper aftercare during healing to avoid irritation from movement or sleeping pressure.

- **Pain Level (4 to 5/10):** The pain is mild to moderate. It is more sensitive than a lobe piercing but generally less intense than full cartilage piercings because of the softer tissue mix.
- **Healing Time (3 to 6 months):** Healing depends on placement depth and daily care. Since the area is partially flexible, it may heal slightly faster than thicker cartilage piercings, but consistency in aftercare is still important.
- **Jewelry Style:** Small studs and thin hoops are commonly used. During healing, flat-back studs are recommended to reduce pressure. Once healed, it can support minimal hoops or decorative studs depending on the look you want.

## Flat Piercing

A **flat piercing** is placed on the flat upper area of the ear cartilage, above the rook and helix region. It is called “flat” because of the smooth surface where the jewelry sits. This piercing is popular in modern curated ear styling due to its clean and balanced appearance.

It is often chosen for decorative purposes since it allows jewelry to sit visibly on a flat surface without being hidden in folds. This makes it a strong option for people building a styled ear arrangement. Because the area is flat but still cartilage, it requires careful placement and proper healing care.

- **Pain Level (5 to 6/10):** The pain is moderate. The cartilage is firm, but the flat surface allows for a relatively straightforward piercing experience.
- **Healing Time (4 to 6 months):** Healing is moderate but can be affected by pressure from sleeping or headphones. Keeping the area free from irritation helps ensure smooth recovery.
- **Jewelry Style:** Flat-back studs are the most commonly used jewelry, especially during healing. Once healed, decorative studs with gems or minimalist designs are popular. Titanium and gold are preferred materials due to their skin-friendly properties and long-term comfort.

## Ear Piercing Aftercare Tips

Proper aftercare is one of the most important parts of getting an ear piercing. How you care for your piercing in the first few weeks and months directly affects healing time, comfort, and the risk of infection. Even the best piercing can develop problems if aftercare is not consistent. Aftercare is not complicated, but it does require discipline and daily attention, especially for cartilage piercings.

### Clean the piercing regularly, but gently

A new piercing should be cleaned 1–2 times a day using a sterile saline solution. This helps remove dirt, bacteria, and dried discharge around the area. The cleaning should be gentle. Harsh rubbing or over-cleaning can irritate the skin and slow

healing. Avoid using alcohol, hydrogen peroxide, or strong antiseptics. These can damage healthy tissue and delay recovery instead of helping it.

### **Do not touch or rotate the jewelry**

One of the most common mistakes is touching or twisting the jewelry. This introduces bacteria into the piercing and can cause irritation. It also disrupts the healing tissue. The piercing should be left as undisturbed as possible. Only touch it when cleaning, and always with clean hands.

### **Avoid sleeping on the piercing**

Pressure from sleeping can cause swelling, pain, and delayed healing. This is especially important for cartilage piercings like helix, conch, and tragus. If possible, sleep on the opposite side or use a travel pillow to keep pressure off the ear. Consistent pressure is one of the main reasons piercings become irritated.

### **Be careful with headphones and hair**

Headphones, earbuds, and helmets can put direct pressure on healing piercings. This can lead to discomfort and prolonged healing time. It is better to avoid them during early healing stages. Long hair should also be kept clean and away from the piercing to prevent tangling or bacteria transfer.

### **Do not change jewelry too early**

Changing jewelry before a piercing is fully healed can cause tearing, irritation, or even closure. Even if the piercing looks healed on the outside, the inner tissue may still be sensitive. It is important to wait the full recommended healing time before switching jewelry, and the first change should ideally be done by a professional.

### **Watch for signs of infection or irritation**

Mild redness and sensitivity are normal in the early days. However, worsening pain, excessive swelling, heat, or unusual discharge may indicate a problem. If symptoms do not improve, professional advice should be sought instead of trying home remedies.

## **Choose safe, high-quality jewelry**

Jewelry material plays a major role in healing. Hypoallergenic materials like titanium, surgical steel, or solid gold are recommended for new piercings. Low-quality metals can cause allergic reactions or irritation, especially in sensitive skin.

## **Combinations for Different Types of Ear Piercings**

Ear piercings are often more visually appealing when combined. Instead of a single piercing, many people choose multiple placements to create a balanced and styled ear look. These combinations can be minimal or bold depending on personal preference.



### **Lobe + Helix Combination**

This is one of the most common combinations. A simple lobe piercing paired with a helix piercing creates a balanced look that is both classic and modern. It works well for beginners and allows easy styling flexibility.

### **Double Lobe + Helix Stack**

Adding multiple lobe piercings with a helix creates a layered effect. This combination is popular for curated ear styling because it allows different jewelry types like studs and hoops to be mixed together.

### **Conch + Helix Combination**

This pairing creates a more structured and stylish ear layout. The conch acts as a central focal point, while the helix adds detail around the outer ear. It is a strong combination for a modern, bold look.

### **Tragus + Lobe Combination**

This is a subtle but elegant combination. The lobe keeps the look simple, while the tragus adds a small but noticeable detail near the inner ear. It works well for minimal styling preferences.

### **Daith + Conch Combination**

This is a more advanced styling combination. Both piercings sit in the inner ear, creating a detailed and visually balanced design. It is often chosen by people who already have experience with cartilage piercings.

### **Industrial + Lobe Balance**

An industrial piercing already makes a strong statement. Pairing it with a simple lobe piercing helps balance the overall look and prevents the ear from appearing too heavy or crowded.

## **Conclusion**

Ear piercings are a long-term style choice, but they are also a responsibility. Every piercing comes with its own level of pain, healing time, and aftercare needs. Understanding these differences helps you make safer and more confident decisions.

The best results always come from patience and proper care. Rushing the healing process or ignoring aftercare can lead to irritation, delayed recovery, or

complications. On the other hand, when you choose the right piercing and follow proper guidelines, the healing process becomes much smoother.

Whether you start with a simple lobe piercing or plan a more advanced cartilage combination, the goal is the same: a safe piercing experience that fits your lifestyle and comfort level. Over time, you can build and customize your ear styling in a way that feels natural to you. Ear piercings are not just about trends. They are about informed choices, safe practices, and personal expression that lasts.

## **Frequently Asked Questions**

### **What is the most painful ear piercing?**

Industrial and snug piercings are generally considered the most painful. This is because they go through thicker cartilage and often involve more pressure during the process. Pain levels can still vary depending on individual tolerance.

### **What is the easiest ear piercing to heal?**

Lobe piercings are the easiest to heal. They go through soft tissue instead of cartilage and usually heal within 6 to 8 weeks when properly cared for.

### **How long does it take for cartilage piercings to heal?**

Most cartilage piercings take between 3 to 12 months to fully heal. The exact time depends on the type of piercing, aftercare routine, and how often the area is irritated.

### **Can I sleep on a new ear piercing?**

It is not recommended to sleep on a new piercing. Pressure can cause swelling, pain, and delayed healing. It is better to sleep on the opposite side or use a travel pillow to reduce contact.

### **How do I know if my ear piercing is infected?**

Common signs of infection include increasing pain, swelling, warmth, and unusual discharge. Mild redness is normal in the beginning, but worsening symptoms should be checked by a professional.

### **When can I change my piercing jewelry?**

You should only change jewelry after the piercing is fully healed. Changing it too early can cause irritation or damage. For cartilage piercings, this often means waiting several months.

### **What material is best for new ear piercings?**

Titanium, surgical steel, and solid gold are the safest options for new piercings. These materials reduce the risk of allergic reactions and support better healing.