

Compression Earrings for Keloids

What are compression earrings?

Compression earrings are specially designed to put pressure on an area of your ear to help flatten and reduce the size of **keloid scars (keloids)**. Keloids are raised bits of scar tissue that can form at a surgery site.

When do I start wearing compression earrings?

You should start wearing compression earrings 2 weeks after surgery.

How long do I need to wear them?

Wear your compression earrings as much as you can. At first, they might feel a little uncomfortable. Start by wearing them for short times, then slowly wear them for longer as you get used to them. Try to wear them most of the time for 6 months after surgery. This helps keep the keloid scar from coming back.

How tight should they be?

The earrings should be tight enough to stay on with slight pressure, but not so tight they cause pain. Magnet and spring type earrings are available in different strengths, and the plastic type earrings are adjustable.

What kind of compression earrings should I get?

You can get any type of compression earrings you'd like, including magnet, spring, and plastic types. Whichever type you choose, the earring should cover the entire scar. You can buy more compression earrings if you want different styles or colors.



When should I contact the clinic?

Contact us if:

- The keloid is coming back.
- The scar looks more raised, red, or irritated.

Send us a message through the online patient portal ([MyUofMHealth.org](https://myuofmhealth.org)) or call our clinic at (734) 998-6022 to set up a visit.

Disclaimer: This document contains information and/or instructional materials developed by University of Michigan (U-M) Health for the typical patient with your condition. It may include links to online content that was not created by U-M Health and for which U-M Health does not assume responsibility. It does not replace medical advice from your health care provider because your experience may differ from that of the typical patient. Talk to your health care provider if you have any questions about this document, your condition, or your treatment plan.

Author: Faith Fischer, BSN RN

Reviewers: Steve Kasten, MD, Christian Vercler, MD, Hannes Prescher, MD

Edited by: Brittany Batell, MPH MSW CHES®

Patient Education by [U-M Health](https://myuofmhealth.org) is licensed under a [Creative Commons Attribution-NonCommercial-ShareAlike 4.0 International Public License](https://creativecommons.org/licenses/by-nc-sa/4.0/). Last revised 06/2025