

How to Wear Heavy Earrings Without Hurting or Stretching Your Ears

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You pick up a pair of gorgeous earrings and affix them to your lobes, but within 30 minutes your ears are already aching. With the rise in statement earrings, this jewelry tale has become all too familiar.

“Over time, the weight of heavy earrings can cause the earlobe tissue to stretch, leading to elongated piercing holes or sagging lobes,” explains Sam Rizk, MD, FACS, a double board-certified facial plastic surgeon at Manhattan Facial Plastic Surgery. He says that sticking to lighter weight earrings and saving the heavier options for special occasions is the best approach.

However, there are still some tricks you can pull out to keep your sensitive ears feeling great on said special occasions. Ahead, we’re covering a few different ways to prevent pain and stretching and still enjoy your dangling jewelry, too.

- Sam Rizk, MD, FACS, a double board-certified facial plastic surgeon at Manhattan Facial Plastic Surgery.
- Anil R. Shah, a board-certified facial plastic surgeon at Shah Facial Plastics in Chicago.

- Giselle Prado-Wright, MD, MBA, the medical director at [Exert BodySculpt](#) in Fort Myers, Fla.

Why Do Earlobes Stretch Over Time?

Earlobes are super delicate, and they also don't have any ligaments or bones to help maintain their structure. This means they're very easily stretched or deformed with minimal tension—including tension from earrings and even plain old gravity.

“Over a period of time, earlobes can be stretched which can age the face and the effects can be rather dramatic,” says Anil R. Shah, a board-certified facial plastic surgeon at Shah Facial Plastics in Chicago. “Short-term this can lead to irritation and pain, and sometimes you can get an immediate lengthening of the ear piercing site.”

She adds that over time, the earrings will continue to stretch, making the ear lobes longer. The openings can also stretch so much that they become more susceptible to ripping.

Dealing With Stretched Earlobes? There are a few quick medical intervention options that can help with stretched earlobes or lost volume, including filler for minor cases. Dr. Rizk says sometimes just a stitch or two can also help, and for more extreme cases a lobe reduction (with or without fat transfer) is best. Interestingly, he tells us he does these in about 25% of his facelift patients.

5 Ways to Wear Heavy Earrings Without Pain or Stretching

Here are a handful of genius hacks for heavy earrings to prevent pain and stretching.

1. The Band Aid Trick

This DIY trick is a longstanding hack for heavy earrings—and it legitimately works. Simply cut a one-inch section of the adhesive part of a regular bandage, then place the sticky side on the back of your earlobe. Put your heavy earrings on, making sure to pierce the bandage before securing the back. This creates a layer between your lobe and the earring that provides more structure and support.

2. Lobe Tape

Lobe tape is the buttoned up version of the Band Aid trick mentioned above. “Adhesive earlobe supports, like lobe tape, provide an extra lift and to prevent strain,” explains Giselle Prado-Wright, MD, MBA, the medical director at Exert BodySculpt in Fort Myers, Fla.

3. Lobe Lifters

Lobe lifters are a relatively new invention, and they're pure genius from a physics standpoint. Dr. Shah says they work by redistributing the weight to as much of the lobe as possible to avoid tearing the ear piercing site. This allows your ears to better support heavy earrings when you do choose to wear them. They can also minimize the look of drooping or stretched lobes.

4. Better Earring Backs

Swapping out your earring backs for a wider, padded set—or opting for earrings that already have these features—is a smart move, Dr. Prado-Wright says. Standard earring backs focus the pull on a smaller area, which can lead to stretching over time. Wider backs, often called support backs or stabilizing backs, create a larger surface area to counterbalance the weight.

5. Moisturizing

Don't underestimate the power of healthy, moisturized skin. Even when it comes to your earlobes. They should get some moisture daily while completing the rest of your routine, but it's especially important if you're a heavy earring wearer. "If you know you'll be wearing statement earrings for an event, give your ears some TLC by moisturizing them with a lightweight, hydrating cream or serum the night before to maintain skin elasticity," Dr. Prado-Wright says. Ideally, this is done in combination with one of the heavy earring tricks above.