

Yes, you can create a new Facebook account if you are locked out of your old one, but it is not recommended as your first option, as it violates Facebook's policy against having multiple accounts. If you must create a new one, you will need to use a **completely new email address or phone number**. [[1](#), [2](#), [3](#)]

Here is a breakdown of what you need to know:

1. Try to Recover the Old Account First

Before making a new one, try to recover your account to avoid losing photos, friends, and data.

- **Use a Recognized Device:** Attempt to log in from a phone, tablet, or computer you have used previously.
- **Account Recovery:** Go to facebook.com/login/identify and follow the instructions to reset your password via email or phone.
- **"No Longer Have Access":** If you lost access to your email/phone, click "No longer have access to these?" to use alternative recovery methods, such as uploading an ID.
- **Hacked Account:** Visit facebook.com/hacked to report the issue. [[6](#), [7](#), [8](#), [9](#), [10](#)]

2. Creating a New Account

If you are sure you cannot regain access, you can start a new account.

- **Use New Information:** You cannot use the same email address or phone number from the locked account.
- **Avoid Instant Bans:** Creating a new account with the same name, birthday, and location immediately after being locked out can cause Facebook to flag it as a duplicate, leading to the new account being immediately disabled.
- **Best Practice:** Use a different email, and perhaps try setting it up from a different device or network (like mobile data instead of home Wi-Fi) if you have trouble. [[1](#), [13](#), [14](#), [15](#), [16](#)]

3. Risks of a New Account

- **Policy Violation:** Facebook requires one personal account per person.
- **Account Locking:** If Facebook detects your new account is a duplicate (e.g., matching name/device), they may lock it, and you may face a "180-day" ban.
- **Permanent Data Loss:** You will not be able to recover your old photos or friends list. [[2](#), [15](#), [17](#), [18](#), [19](#)]

4. Better Alternatives

Instead of a new personal account, you can try:

- **Creating a "Profile":** Under one account, you can create up to four additional profiles.
- **Creating a "Page":** If you need a presence for business or public activity, create a Page, not a second personal account. [[20](#)]

In summary: Try to recover your old account, but if that is impossible, create a new one with entirely different contact information. [21]

All responses may include mistakes.

- [1] <https://www.quora.com/My-Facebook-account-is-permanently-disabled-Can-I-make-a-new-one-using-the-same-email-address>
- [2] <https://www.facebook.com/help/975828035803295>
- [3] <https://www.quora.com/Is-it-against-the-rules-to-have-multiple-accounts-on-the-same-social-media-platform-such-as-Facebook-or-Twitter>
- [4] <https://www.facebook.com/help/132243923516844/recover-your-facebook-account-if-you-cannot-access-your-account-email-address-or-mobile-phone-number>
- [5] <https://www.nstbrowser.io/blog/how-to-recover-your-facebook-account>
- [6] <https://www.youtube.com/watch?v=oDYFBO2bMXA>
- [7] https://www.reddit.com/r/facebook/comments/1km6gzl/how_do_i_recover_my_facebook_account_when_i_dont/
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- [9] <https://pcpl21.org/wp-content/uploads/2020/04/How-to-Recover-a-Facebook-Account-When-You-Can.pdf>
- [10] <https://www.blackdown.org/how-to-change-facebook-password/>
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