

## **Guidelines for microdermal piercings**

Microdermal piercing care (Dermal Anchor)

For the first 3 weeks you must not swim, take a bath or use a sauna. Make sure to only touch the piercing with clean hands. (Unicura soap or something similar.)

After showering, rinse the piercing with salt water. You can use a saline solution 0.9% (you can get at the pharmacy.) You can also make your own, using 1 litre of deionized or distilled water with 9 grams of natural sea salt dissolved into it. (This is cheaper.)

The solution can be warmed in a microwave in a small glass. Hold the glass on the area for about two minutes. This allows the scabs to loosen. Clean it with tissues or paper towel, not with cotton buds, because the loose cotton can get caught on the piercing.

Soak it again for one minute, and pat dry with a clean towel.

Important! Massage your piercing a few times a day. This will help to avoid scarring and therefore any stabbing pain from the bar in the piercing.

The healing time of the Microdermal is 4- 6 weeks.

During the first 3 months you should not change the top part of the piercing, as the skin around it needs to get used to the piercing.

Be sure to check that the piercing is firmly screwed in, as it can loosen!

In cases of severe redness, swelling or pussing, you should contact your doctor.

Good luck with your new addition!