



AFTER CARE INSTRUCTIONS FOR DERMAL ANCHORS

Your dermal anchor is now covered with a bandaid. Leave the bandaid for 2-3 hours before carefully removing it.

PLEASE NOTE! The dermal can stick to the bandaid while removing it due to dried up blood. Carefully start removing the bandaid from the outside inward. Keep pressure on the disk itself while pulling the bandaid away so it stays in place.

Soak the dermal a little bit to remove the dried up blood, dry it carefully and let it air dry. Do not soak too long, just long enough to clean it up. If you soak too long the piercing can fall out.

The dermal itself and the area surrounding it can be red or a bit swollen, this is usually mostly in the first couple of days but can happen any time during the healing period. The first few days it will be a bit sensitive. Even after the healing period the piercing can show redness, irritation, mild swelling or be sensitive. In doubt, always contact the piercer.

The full healing period of the dermal anchor has an average of 3 months. This depends on your personal health and the amount of aftercare it received. The punched hole that contains the piercing should be treated as a wound to help attach the dermal as much as possible.

Please follow the following rules to ensure the best possible healing:

- Wear a bandaid over the piercing the first 6 weeks while you sleep
- Wear a bandaid over the piercing the first 3 weeks during sports
- Wash your hands prior to touching the pierced area. Do not touch the piercing if not necessary, preferably only when cleaning
- Wash the piercing with a mild soap (i.e. **Unicura**, **Sebamed** or **Neutral**) and make sure to rinse it really well
- Do not wear clothing that is too tight or dirty over the pierced area in the first couple of weeks
- Avoid swimming, sauna's, steambaths and soaking during the full healing period
- Never remove the anchor yourself. Always contact the piercer
- After an average of 3 months the piercing should be healed enough to change the disk