

## DERMAL ANCHOR PIERCING

You should not change or remove the top of your dermal anchor for the entire duration of the initial healing period, wait until the anchor is completely healed. This can take from 8 to 12 weeks.

### HOW TO HEAL YOUR DERMAL ANCHOR

**WARM SALTWATER SOAKS :** Before doing anything related to your piercing, please wash your hands. Mix 1/4 teaspoon sea salt with one glass (8 oz) of warm distilled water. This will be the mixture you will use every time you shower.

Shower as usual. Concentrate on washing everything from the piercing up as quickly as possible so the chemicals are not settling on your piercing. Let the warm water run over your piercing for a few minutes. After that, soak your piercing inside the mixture or use a cotton ball to do a warm compress for 5 minutes while you are still in the shower. After you do the soaks/compresses, rinse your piercing with water. Warm saltwater soaks/compresses draw out discharge (dead skin cells) and accelerate your healing process. Do these soaks/compresses in the shower 2 times a day for the first two weeks of your healing period. Try to be as consistent as possible. After the first 2 weeks, you can do the saltwater soaks in the shower 1 time per day.

You don't need to move or twist the jewelry, this will only aggravate the piercing. If your piercing is exposed to excessive dirt or known bacteria, please wash it with a mild castile soap such as Dr. Bronner's baby mild soap.

### **\*PLEASE AVOID THE FOLLOWING:**

Never touch your piercing with unwashed hands. This is crucial in order to ensure proper healing and will keep bacteria away from your piercing.

Avoid playing with your piercing! Playing with your new piercing will cause irritation and more swelling.

Avoid contact with oils, powders, creams, perfumes, and suntan lotion.

Avoid contact with other bodily fluids even if you are in a monogamous relationship. Your partner has different natural bacteria than you and an infection can occur.

Do not go into pools, hot tubs, lakes or oceans for at least 4 weeks.

Do not use Neosporin, lotions, ointments, alcohol, peroxide, Bactine, tea tree oil on your piercing!

**BE SURE TO CONTACT US RIGHT AWAY WITH ANY QUESTIONS OR CONCERNS  
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