

# Micro-Dermal Aftercare

## Cleaning Solutions:

Preferably Packaged Sterile Saline is used as a gentle choice for piercing aftercare. If sterile saline is not available a sea salt solution mixture can be a viable alternative. Dissolve 1/8 to 1/4 teaspoon of non-iodized sea salt into one cup (8 oz) of warm distilled or bottled water. A stronger mixture is not better; a saline solution that is too strong can irritate the piercing.

## First Week Care Instructions for Dermal:

**Keep it covered with Band-Aid provided. This initial dressing must remain on for the first 48 hours (if it should accidentally come off simply re-cover with a new dressing). When the 48 hours is up you must remove the dressing and follow cleaning instructions.**

**Let it air dry, and breathe for an hour or two, then place new bandage. Leave the new dressing on for 24 hours, remove, clean, allow to breath and re-cover again. This process should be repeated for the next 5 days.**

**When the first week is up you can now remove the dressing permanently and finally show it off! However, if you ever think you may be at risk of catching the area whilst doing certain activities (work/sleeping etc.) simply cover with a dressing again. The area must still be cleaned once a day using the saline for at least 6 weeks.**

## Cleaning Instructions for Dermal:

- **WASH** your hands thoroughly prior to cleaning or touching your piercing for any reason.
- **SALINE** soak for 5-10 minutes once per day. Apply saline solution using clean gauze or paper towels saturated with saline solution.
- **DRY** by gently patting with clean, disposable paper products. Cloth towels can harbor bacteria and snag on jewelry, causing injury.

## What is Normal?:

- Initially: some bleeding, localized swelling, tenderness, or bruising.
- During healing: some discoloration, itching, secretion of a whitish-yellow fluid (not pus) that will form some crust on the jewelry. The tissue may tighten around the jewelry as it heals.
- Once healed: the jewelry may not move freely in the piercing; do not force it. If you fail to include cleaning your piercing as part of your daily hygiene routine, normal but smelly bodily secretions may accumulate.
- A dermal may seem healed before the healing process is complete. This is because tissue heals from the outside in, and although it feels fine, the interior remains fragile. Be patient and keep cleaning throughout the entire healing period.

## What To Do:

- Wash your hands prior to touching the dermal; leave it alone except when cleaning. During healing, it is not necessary to rotate your jewelry. During to healing process touch it as little as possible.
- Stay healthy; the healthier your lifestyle, the easier it will be for your piercing to heal. Get enough sleep and eat a nutritious diet. Exercise during healing is fine; listen to your body.
- Make sure your bedding is washed and changed regularly. Wear clean, comfortable, breathable clothing that protects your piercing while you are sleeping.
- Showers tend to be safer than taking baths, as bathtubs can harbor bacteria. If you bathe in a tub, clean it well before each use and rinse off your piercing when you get out.

### **What to Avoid:**

- Avoid moving dermal that is unhealed or picking away dried discharge with your fingers.
- Avoid cleaning with Betadine®, Hibiciens®, alcohol, hydrogen peroxide, Dial® or other soaps containing triclosan, as these can damage cells. Also avoid ointments as they prevent necessary air circulation.
- Avoid over-cleaning. This can delay your healing and irritate your piercing.
- Avoid all undue trauma, friction from clothing, oral contact, rough play, and contact with others' bodily fluids on or near your piercing during healing. These activities can cause the formation of unsightly and uncomfortable scar tissue, migration, prolonged healing, and other complications.
- Avoid stress and recreational drug use, including excessive caffeine, nicotine, and alcohol.
- Avoid submerging the piercing in unhygienic bodies of water such as lakes, pools, hot tubs, etc. Or, protect your piercing using a waterproof wound-sealant bandage (such as 3M™ Nexcare™ Clean Seals). These are available at most drugstores.
- Avoid all beauty and personal care products on or around the piercing including cosmetics, lotions, and sprays, etc.
- Don't hang charms or any object from your jewelry until the piercing is fully healed.

### **HINTS AND TIPS:**

- Unless there is a problem with the size, style, or material of the initial jewelry, leave it in the place for the entire healing period. See your qualified piercer to perform any jewelry change that becomes necessary during healing.
- Contact your piercer if your jewelry must be removed (such as for a medical procedure). There are non-metallic jewelry alternatives available.
- In the event an infection is suspected, quality jewelry or an inert alternative should be left in place to allow for drainage of the infection. If the jewelry is removed, the surface cells can close up, which can seal the infection inside the piercing channel and result in an abscess. Do not remove jewelry unless instructed to by a medical professional.
- Use the t-shirt trick: Dress your pillow in a large, clean t-shirt and turn it nightly; one clean t-shirt provides four clean surfaces for sleeping.
- Maintain cleanliness of telephones, headphones, eyeglasses, helmets, hats, and anything that contacts the pierced area.
- Use caution when styling your hair and advise your stylist of a new or healing piercing

**Please!, come back to shop a month after placement to have piercer check on it. It may need additional cleaning.**