

## **Microdermal Anchor Piercing Aftercare**

You've just received a microdermal piercing by a trained body piercing licensee. Now it is up to you to take appropriate care of your piercing during the critical healing period. DO NOT use any product marked "For External Use Only" including, but not limited to, rubbing alcohol, hydrogen peroxide, lidocaine (eg. Bactine), triple antibiotic ointment (eg. Neosporin), antiseptic (eg. Betadine/Hibiclens etc.). Only use products that WILL NOT irritate the piercing and will facilitate fast healing, such as: a mild, fragrance-free liquid soap (preferably anti-microbial or germicidal), packaged sterile saline solution with NO additives, or a non-iodized sea salt mixture.

### **CLEANING INSTRUCTIONS:**

Wash your hands BEFORE cleaning your piercing. Use the cleaning solution(s) recommended for your piercing for the ENTIRE healing time. Do this even if the piercing looks or feels healed sooner. DO NOT move the piercing jewelry when the site is crusty; it does more harm to the piercing site than good. DO NOT play with the new piercing-- physical irritation is the worst. When clothing is in contact with the piercing, make sure it is clean, loose, and breathable.

Microdermal anchor piercings typically take between **3 and 6 months to fully heal**, if taken care of properly. Saline soaks are highly recommended, especially after any physical activity or sweat. Fill a shot glass or small cup with warm saline, and hold it on the piercing site for roughly 3-5 minutes. This can be repeated 3 times a day for the duration of the healing time.

Loose clothing is ideal. Be mindful of tight bands, itchy materials, and car seatbelts.

**Lost jewelry can be replaced for free within 30 days after the initial piercing. After the 30 day period, jewelry can be replaced for \$30 (jewelry included).** Initials: \_\_\_\_\_

### **Additional Information and Advice**

**SWIMMING:** Chlorine can over-dry a new piercing. It is best to avoid soaking in pools and hot tubs. Stay away from rivers, oceans, and lakes while healing - they are full of bacteria. In cases of accidental exposure, clean your piercing immediately afterwards. Sometimes due to swelling or infection the hardware or balls in your piercing jewelry could become embedded into the piercing. Contact the shop and your physician as soon as you have that type of irritation.

**SCARS / GRANULOMAS / CYSTS:** Some piercings are prone to developing granulomas, scars, or cysts. A cyst is a fluid-filled bump very close to the piercing. They are usually tender. DO NOT attempt to pop a suspected cyst. Regular sea salt soaks encourage drainage. Should a cyst occur and sea salt soaks offer no relief, contact your physician.

**Should you have any questions or concerns, don't hesitate to call the shop at 973-579-1184.**

I HAVE BEEN PROVIDED WITH A COPY OF THE AFTERCARE INSTRUCTIONS.

**Client signature:** \_\_\_\_\_