

# Dermal Anchor Care Manual

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Dermal Anghors are unique piercings and require special care to ensure smooth healing. Follow the instructions below to ensure that your dermal anchors heal optimally.

## Introduction:

Dermal anchors are a fascinating form of body jewelry. They consist of a flat base that is implanted under the skin to attach jewelry to. Since the healing process for dermal anchors is a little different than for traditional piercings, proper care is crucial. This guide will help you properly care for your dermal anchors and avoid possible complications.

- 1. Wash** your hands: Start each grooming action by washing your hands thoroughly with soap and warm water. This minimizes the risk of infection.
- 2. Cleaning solution:** Use a mild, sterile saline solution or a piercing cleaning solution recommended by your piercer. Avoid products with a high alcohol content or aggressive content.
- 3. Cleansing routine:** Clean the Dermal Anchors 2-3 times a day. Gently pat around the base to remove dirt, secretions, and bacteria.
- 4. No twisting:** Rotating the dermal anchors can interfere with healing and cause irritation.
- 5. No excessive touching:** Avoid unnecessary touching to minimize the risk of germ transmission.
- 6. Clothing and exercise:** Wear loose-fitting clothing to avoid friction. Avoid movements that could take up the dermal anchors.
- 7. Sun exposure:** Protect your dermal anchors from direct sunlight and UV rays to prevent irritation.
- 8. No cosmetics:** Avoid applying makeup, lotions, or creams on or around the dermal anchors.
- 9. Pressure bandage:** In some cases, your piercer may recommend applying a light pressure bandage over the dermal anchors. This supports healing and limits movement. Wear the bandage for about 5-7 days according to your piercer's instructions (daily dressing change is recommended).
- 10. No swimming, sauna and solarium:** Avoid any contact with chlorinated water, salt water, saunas and solariums for the first 4 weeks, as this could interfere with healing.
- 11. Be patient:** Dermal anchors need time to heal. Patience and careful care are the key to successful healing.

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Keep in mind that individual experiences may vary. Follow your piercer's recommendations and watch the healing carefully to make sure everything goes smoothly.

While you're striving to maintain your dermal anchors in the best possible way, it's important to also be aware of the possibility of rejection reactions. Sometimes the body can react to foreign objects by trying to repel them. Here are some signs to look out for:

- 1. Changes in position:** If you notice that your dermal anchors are shifting or rising, it could indicate a rejection reaction.
- 2. Redness and swelling:** Severe redness, swelling or pain around the base of the dermal anchors could be signs of a reaction.
- 3. Itching and inflammation:** If the skin around the dermal anchors becomes inflamed and itchy, it could indicate a rejection reaction.
- 4. Changes in secretion:** Altered or elevated secretion around the dermal anchors may indicate problems.
- 5. Signs of healing decline:** If the healing stagnates or deteriorates even though you follow the care instructions, this could indicate a possible rejection reaction.

If you notice one or more of these signs, it is advisable to consult your piercer or a medical professional. They can assess the situation and recommend appropriate measures.

Nevertheless, you should not be discouraged by the possibility of rejection reactions. With proper care and mindfulness, you can minimize the likelihood of such problems and enjoy the joy of your dermal anchors.



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