



## Micro Dermal Aftercare

What you will need . . .

- \* Sea salt
- \* 1 gallon of distilled water

Directions:

Take 4 teaspoons of sea salt and mix it in 1 gallon of distilled water.

Wash the micro dermal 3-5 times a day with the sea salt solution. Take a q-tip or a piece of gauze pre-soaked with the sea salt solution to gently remove crusty sebaceous fluids.

Healing:

It may take as little as 2 months to as long as 4 months for your micro dermal to heal so make sure you keep cleaning it with the sea salt as directed.

Wait at least 8 weeks before changing the head to ensure that the swelling is gone.

What to avoid . . .

No swimming in pools, jacuzzis, lakes, ect, for 2-3 weeks.