



**INK**

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# TATTOO STATISTICS

- One in seven adults have a tattoo
- Tattoos can be found among nine percent of the “baby boomer” generation
- 30 % of people between the age of 25 and 34 have tattoos
- 28% of adults younger than 25 have at least one tattoo



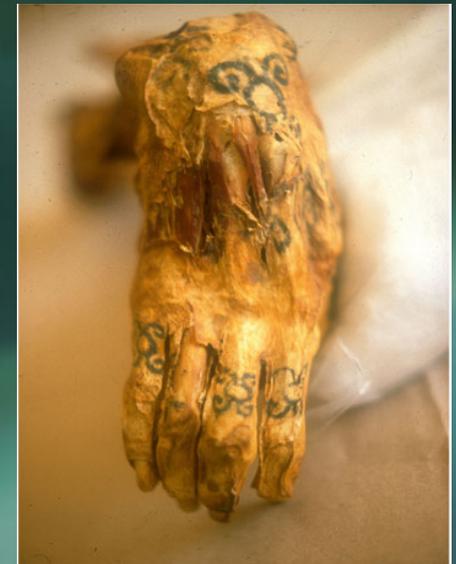
Source: Scrips Howard News Service

- Humans have marked their bodies with tattoos for thousands of years.
- The styles and reasons for tattoos vary from person to person and from society to society.
- Many times tattoos are elaborate, and always personal—have served as amulets, status symbols, declarations of love, signs of religious beliefs, adornments and even forms of punishment.



# HISTORY OF TATTOOING

- Most ancient tattooed specimen to date is that of an “Iceman”, found in a glacier on the Alps (between Austria and Italy), which dates back to 3300 B.C.
- The “iceman” has 57 tattoos identified on his body, most on the back and behind his knees
- Ancient Greeks used tattooing for decoration and showing one stature and to identify their secret allegiances



Source: Smithsonian

- When various religions developed into Christianity, tattooing was outlawed
- The Old Testament states 19:28 “Ye shall not make any cutting in your flesh for the dead, nor print any marks upon you”
- If a person did have a tattoo it meant that they belonged to another religion and not Christianity
- Tattoos remained taboo until the movement to the West (US) in the late eighteenth century by the British to discover new land



- Captain James Cook sailed around the globe and developed the act of “tattooing”
- Sir Joseph Banks, was a British botanist who was on the same ship with Capt Cook. Sir Banks, was the first person to ever have a tattoo.
- Sailors in the eighteenth and nineteenth centuries are responsible for the tattoo in the European cultures during that time period
- Various cultures would puncture the skin with a piece of wood, than pour ink into the wound by hand



- The first tattoo parlor opened in New York in 1875, in a barbershop
- In 1970 ,tattoo events were held that changed the course of tattooing as we see it today



Source: J-Chriss Miller, "The Body Art Book"

Source: South Street Seaport Museum

# ATTITUDES ABOUT TATTOOING

- Many employers still look down on tattoos or regard them as contributing to a unprofessional appearance
- Tattoos can impair an person's career prospects if the tattoo can not be covered



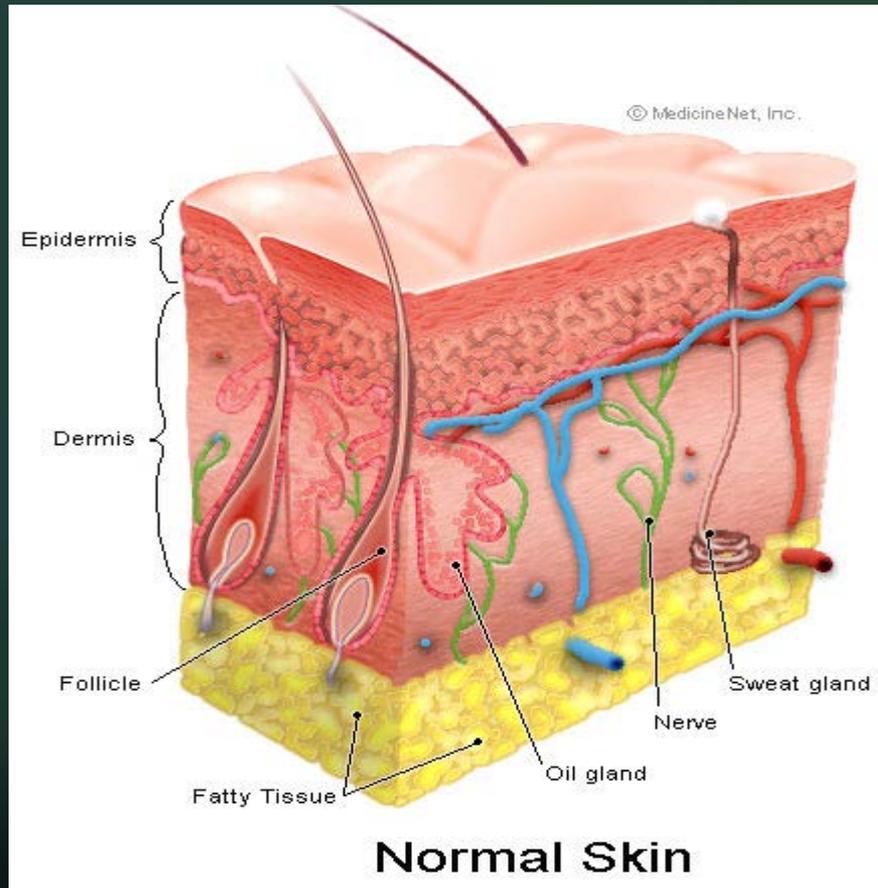
# Indiana

## DOES Have A Tattoo Law



- The law defines tattooing as: (1) any indelible design, letter, scroll, figure, symbol, or other mark placed with the aid of needles or other instruments; or (2) any design, letter, scroll, figure, or symbol done by scarring upon or under the skin.
- The law lists criminal penalties for tattoo artists that provide tattoos to persons **less than 18 years, unless a parent or legal guardian is present at the time the tattoo is provided and provides written permission for the person to receive the tattoo.** Complaints regarding this issue should be directed to local law enforcement.
- The law required that the Indiana State Department of Health (ISDH) adopt rules to regulate the sanitary operation of tattoo parlors.

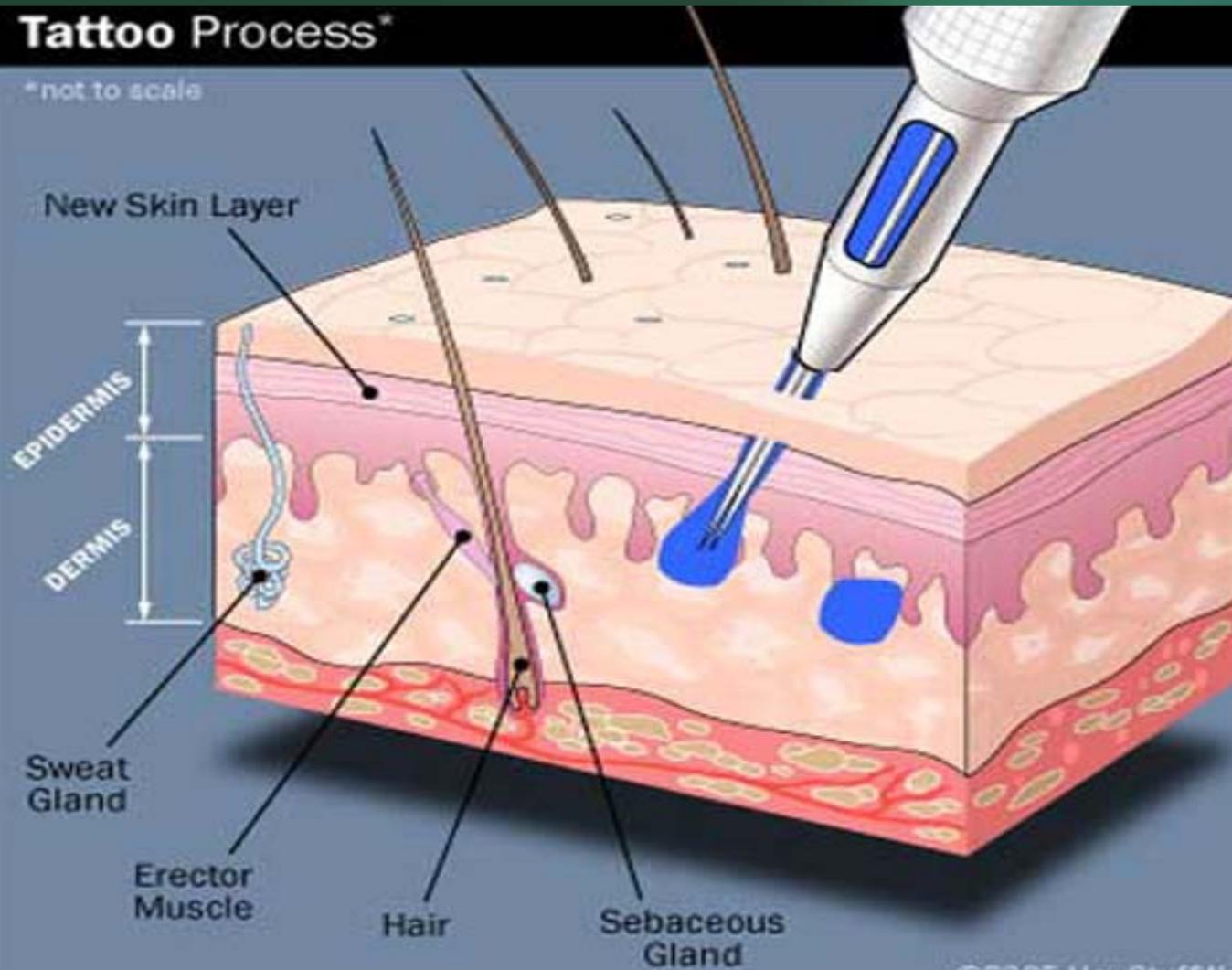
# WHAT IS A TATTOO



- A tattoo is a puncture wound, made in the dermis layer of a person's skin with a needle

# Tattoo Process\*

\*not to scale



# INFECTIONS

- Bloodborne Diseases:
  - \* HIV
  - \* Hepatitis B
  - \* Hepatitis C
- Skin Disorders:
  - \* Granulomas (bumps from red ink)
  - \* Keloidis (scarring)
- Skin Infection:
  - \* MRSA
  - \* Staph. infection
  - \* Other bacterial skin infection



Source: Wayneteen.com

# SIGNS & SYMPTOMS OF AN INFECTION

- Increased pain, swelling, redness or heat
- Increased tenderness around the tattoo site
- Red streaks running up the arm or leg
- Pus coming from the tattoo site
- Smell from the tattoo
- Rash at or around the tattoo site
- Swollen lymph nodes
- Fever greater than 100°F



# Lower Your Risk Of infections

- Good personal health habits
- **DO NOT** get a “**HOME**” or “**GARAGE**” tattoo
- Take the Hepatitis B vaccine
- Avoid getting a tattoo from people who are HIV positive or have Hepatitis B or C
- Choose a **CLEAN** and established studio
- Choose an artist who participated in a professional apprentice program
- Follow **ALL** after care instructions

Source; healthSmart Col.14, Summer 2005



# THE TATTOO GUN

- December 8, 1891, the first tattoo machine was registered by Samuel O'Reilly
- Can hold up to 14 needles at one time
- The ink is injected into the skin at a rate of 15 to 3,000 punctures per minute
- The depth of the needle can range from  $\frac{1}{64}$  inch to  $\frac{1}{16}$  inch





U.S. Food and Drug Administration



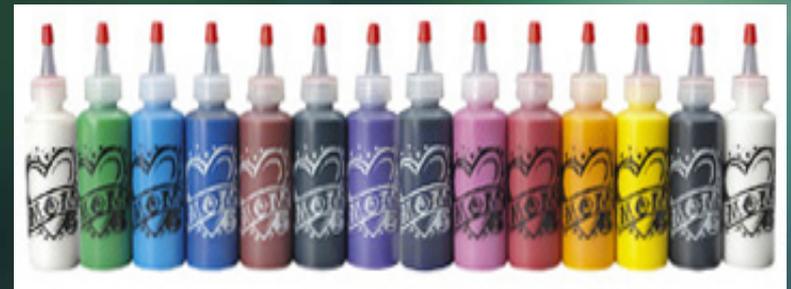
- A number of pigments are approved for use in cosmetics.  
**NO** pigments are approved for injection under the skin
- FDA has had 150 reports of adverse reactions to tattoo pigments
- Many pigments that are used for tattooing are not approved for skin contact at all

Source: FDA



# INK

- The oldest pigment was developed from ground minerals and carbon black
- Composition of pigments may be vegetable matter or plastic based
- Dry pigment must be mixed with either water or alcohol to provide easy application
- Pigments provide color for the tattoo
- Some artists use premixed colors that are made from plastic bases/pigments
- Allergic reactions can occur from the pigment (Most common is Red pigment)

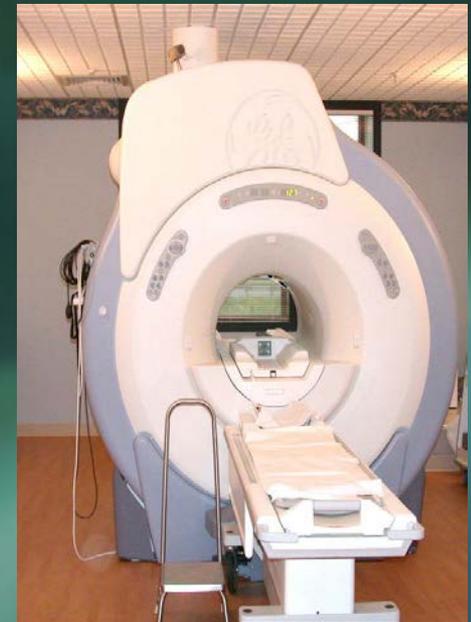


# PIGMENT

Black	Iron Oxide, Carbon
Brown	Ochre
Red	Mercury sulfide, Ferric hydrate
Blue	Cobalt aluminate
Green	Chromic oxide, Lead chromate
Yellow	Cadmium sulfide
Purple	Manganese, Aluminum
White	Titanium Oxide, Zinc Oxide
Violet	Various aluminum salts
Orange	Disazodiarylide
Flesh	Ochres mixed with clay

# MRI COMPLICATIONS

- Tattoos or permanent makeup may cause swelling or burning in the affected areas during a MRI exam
- Tattoos or permanent makeup may cause a person to develop a 2<sup>nd</sup> or 3<sup>rd</sup> degree burning during the MRI
- Tell the MRI tech. if you do have a tattoo so a burn can be prevented



# BLOOD DONATION & TATTOOS

A person **CAN NOT DONATE**  
blood for **ONE YEAR** after receiving a tattoo



# STEPS TO A PERFECT TATTOO

- Frame of Mind:  
Never get tattooed under pressure or under the use of alcohol or drugs
- Selecting Your Design:  
It should be a tattoo that you love and only you
- High Quality Tattoo Stencils:  
Working with a high quality stencil is the most important step in making your tattoo perfect



- **Test Drive Your Tattoo:**  
Many artists can give you a “test” tattoo, which can be washed off with soap and water. This is to see if you really like the tattoo
- **Find The Right Artist:**  
Look for experience, portfolio and attitude
- **The Day Of:**  
Need to be rested and well nourished. Can lead to problems if the person has not eaten before the tattoo
- **Caring For The New Tattoo:**  
Follow after care instructions



# THE PROCEDURE



Source: Starbulletin.com

# WHAT TO LOOK FOR IN A SHOP

- Insist that **YOU** see the tattooist remove a **NEW** needle & tube set-up from a sealed envelope immediately prior to your tattoo.
- Be certain you see the tattooist pour a new ink supply into a **NEW DISPOSABLE** container
- Make sure the artist puts on a **NEW** pair of **GLOVES** before setting up tubes, needles and ink supplies.
- The shop should look **CLEAN** and **ORDERLY** in appearance, much like a doctor's office.
- If you have any questions. **ASK THEM**. If the artist will not answer them, then **LEAVE**



**CONSENT TO APPLICATION OF TATTOO  
AND RELEASE AND WAIVER OF ALL CLAIMS**

I acknowledge by signing this agreement that I have been given the full opportunity to ask any questions which I might have about the obtaining of the tattoo from \_\_\_\_\_ and that all of my questions have been answered to my full and total satisfaction. I specifically acknowledge that I have been advised of the facts and matters set forth below, and I agree as follows.

- (1) I am not a hemophiliac (bleeder). I do not have diabetes, epilepsy, hepatitis, HIV, AIDS, or any other communicable disease. I am not under the influence of alcohol and / or drugs.
- (2) I acknowledge that it is not reasonably possible for the representatives and employees of \_\_\_\_\_ to determine whether I might have an allergic reaction to the pigments or process used in my tattoo, and I agree to accept the risk that such a reaction is possible.
- (3) I acknowledge that infection is always possible as a result of obtaining a tattoo, particularly in the event that I do not take proper care of my tattoo, and I agree to follow all instructions concerning the care of my own tattoo while it is healing. I agree that any touch-up work needed, due to my own negligence, will be done at my own expense.
- (4) I realize that variations in color and design may exist between any tattoo as selected by me and as ultimately applied to my body. I understand that, if my skin color is dark, the colors will not appear as bright as they do on light skin.
- (5) I acknowledge that a tattoo is a permanent change to my appearance and that no representations have been made to me as to the ability to later change or remove my tattoo. To my knowledge, I do not have any physical, mental, or medical impairment or disability, which might affect my well being as a direct or indirect result of my decision to have any tattoo-related work done at this time.
- (6) I acknowledge that I have truthfully represented to the employees and representatives of \_\_\_\_\_ that I am over the age of eighteen (18) years old, and that the following information is true and correct.
- (7) I acknowledge that obtaining of my tattoo is by my choice alone and I consent to the application of the tattoo and to any action or conduct of the employees of \_\_\_\_\_ reasonably necessary to perform the tattoo procedure.
- (8) I agree to release and forever discharge and hold harmless \_\_\_\_\_ and its employees from any and all claims, damages, and legal actions arising from or connected in any way with my tattoo of the procedures and conduct used to apply my tattoo.

**\*\*YOU MUST BE AT LEAST 18 YEARS OLD\*\***

**PLEASE PRINT!!**

Date: \_\_\_\_\_

Artist: \_\_\_\_\_

Name: \_\_\_\_\_

Phone: \_\_\_\_\_

Address: \_\_\_\_\_

Date of Birth: \_\_\_\_\_

City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_

Age: \_\_\_\_\_

Body Design & Location: \_\_\_\_\_

**SIGNATURE:** \_\_\_\_\_

Method of Payment: Cash: \_\_\_\_\_ Visa: \_\_\_\_\_ MC: \_\_\_\_\_ Total Amount Due \$ \_\_\_\_\_



## Information you should know before getting a tattoo or body piercing

### Patron Rights

### ***Each patron has a right to expect that:***

Clean disposable gloves are worn at all times while tattooing or body piercing.

Hands are washed with soap and running water immediately before putting on clean gloves and immediately after removing gloves.  
Hands will be dried with single-use towels.

When the area to be tattooed is shaved, the razor is disposed of after each use.

All needles and any instrument that may touch the needles used for tattooing or body piercing (except piercing guns) are sterile.

A piercing gun is cleaned and properly disinfected after each use.

Single-use containers for each dye.

A tattoo or body piercing will not be given in living areas or in a room next to a living area.

No animals, except dogs for the blind, animals for people requiring assistance, and patrol dogs, are allowed in the same area of tattoo or body piercing work.

Eating, drinking, smoking or using make-up are not allowed in the same work area of a tattoo artist or body piercer.

After each person's tattooing or body piercing is completed, the working area is cleaned with an approved cleaner.

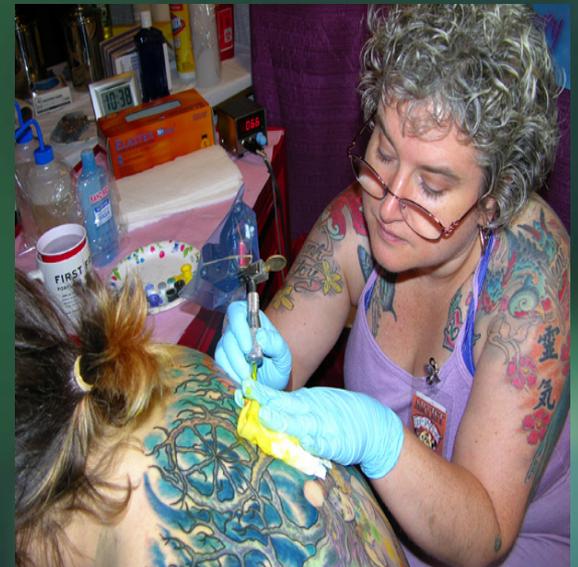
The person who is giving the tattoo or body piercing should not be sick.  
Tattoo artists or body piercers with diarrhea, vomiting, fever over 100 degrees, rash, coughing, jaundice (yellow skin), or drainage from an open wound may not do tattooing or body piercing.

If you would like to register a complaint, call either your local health department or the Tattoo Coordinator at the Indiana State Department of Health, (317) 233-7125.



- The artist should wash their hands and put on gloves many times during the tattoo
- The area where the tattoo will be placed will be shaved with a disposable razor
- Paper towels will be used to clean the area with an antiseptic solution
- 2<sup>nd</sup> paper towel will be used to put deodorant on your skin so the stenciled image will stick to the skin
- The artist then should lay out all of the equipment needed for the tattoo (should open everything in front of you)

- All equipment that is used is **ONE** time use **ONLY**
- Artist may use petroleum jelly on the stencil design to help the tattoo gun glide easily over your skin
- The artist will begin the tattoo
- Artist will wipe blood up with a clean 4x4
- After artist has completed the tattoo, he or she will put a light coat of ointment on the tattoo and cover with a bandage



Source: Tattooing Appointments with Jennifer

# AFTER CARE INSTRUCTIONS

## TATTOO AFTERCARE

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04-14-2007 10:01 ARTISTIC SKIN DESIGNS 317-352-8070

1. Remove bandage in 1 to 3 hours.
2. Gently wash the area with a recommended soap such as Satin or Provon (antimicrobial). Do NOT use antibacterial soaps, soaps containing chemical perfumes or deodorants.
3. Thoroughly rinse the area, without soaking and gently pat dry (Never rub).
4. For the remainder of the first day, allow the area to air dry, washing again if the tattoo tightens up.
5. At the end of the first day, apply a small amount of either fragrance free Vaseline Intensive Care lotion (advanced healing formula) or all natural organic balm such as Ink Fixx which we carry at our studios. Use only an amount that will be absorbed by the skin.
6. Continue to wash the area, as instructed above, 2 to 3 times a day or as needed if the tattoo tightens or begins feeling dry. Re-apply the lotion or balm. ALWAYS wash the tattoo area Before re-applying any lotion or Balm.

7. Continue these instructions until the tattoo begins to peel or scab. If the tattoo scabs, discontinue the use of lotion or balm IMMEDIATELY and let the tattoo scab. Allow the scab to fall off as gently and as naturally as possible. **Never ever pick at the scab!!** If the tattoo does not scab, it should begin to peel in 5 to 10 days.
8. Do not soak your tattoo in any kind of water for at least two weeks. If you will be around a large body of water or in the sun, ALWAYS use sunblock.
9. Avoid any type of clothing that will rub or irritate the new tattoo.
10. Take good care and be aware of your new tattoo at all times. Remember that the care you put into the healing of your tattoo will be the determining factor in what your tattoo looks like after Healing.

In order to effectively heal a tattoo with a minimum of ink loss, one must clearly understand what exactly a fresh tattoo is. The process of tattooing involves a needle, or needles, rapidly penetrating the skin (300-400 penetrations per minute), and depositing pigment in the surface layers of the skin. This process abrades the skin, leaving it raw, inflamed, tender and liable to form

Surface peeling or a scab. The ideal aftercare product for a new tattoo would be an organic balm that will achieve the following:

1. Reduce inflammation
2. Restore harmony to the site, allowing the body to accept the pigment and not reject it
3. Encourage a state of balance, allowing the body to heal itself.
4. Protect the site from unhealthy Bacteria

## WHAT NOT TO USE

Historically, we as a society treat our body art as an infection. Some people tend to coat their fresh ink with antibiotics and antibacterial products and hope for the best. It is not surprising that we have had so many problems with our tattoo aftercare. This thought process or model uses a "get rid of" or "anti" strategy. Ideally, what we really need is the direct opposite. We need to encourage our body art to stay, look good and be durable. With this in mind, we **DO NOT** recommend using any petroleum based product, Neosporin, bacitracin, A&D ointment or Vitamin E. None of these products are effective enough at reducing the possibility of scabbing which will increase ink loss or inflammation. Most

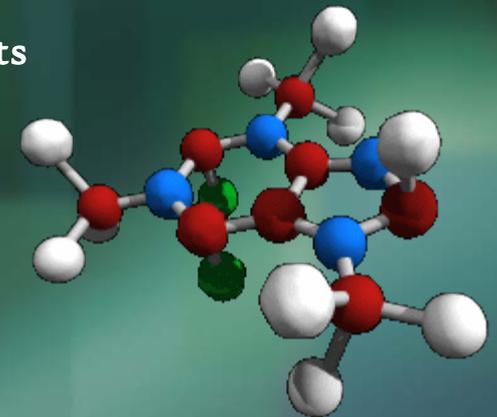
# TATTOO REMOVAL

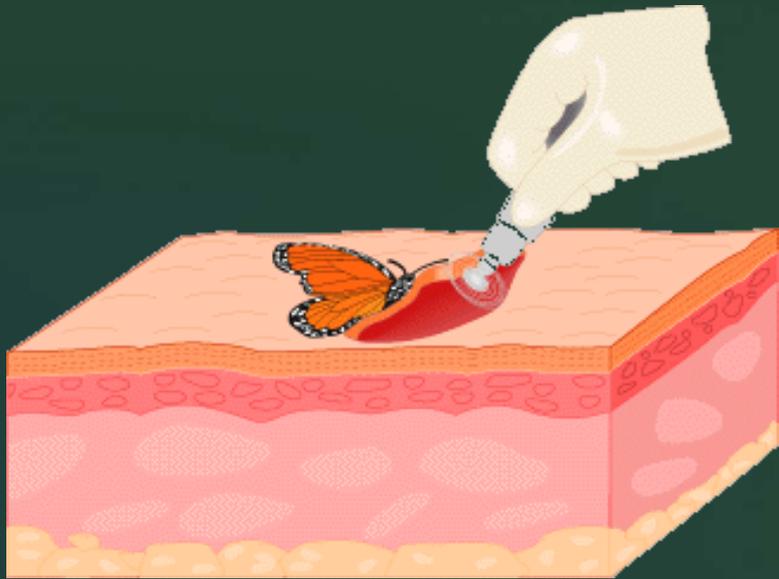
- **Dermabrasion:**  
Skin sanding instrument to remove the pigment under the skin.  
This method will always leave a scar
- **Surgical Excision:**  
Cuts the tattooed portion of flesh away and requires a skin graft. This method will always leave a scar
- **Tissue Expansion:**  
Balloons are placed under the skin to stretch the skin and the tattoo is cut and the extra skin is used to cover the wound.  
a linear scar will develop and other complications can occur



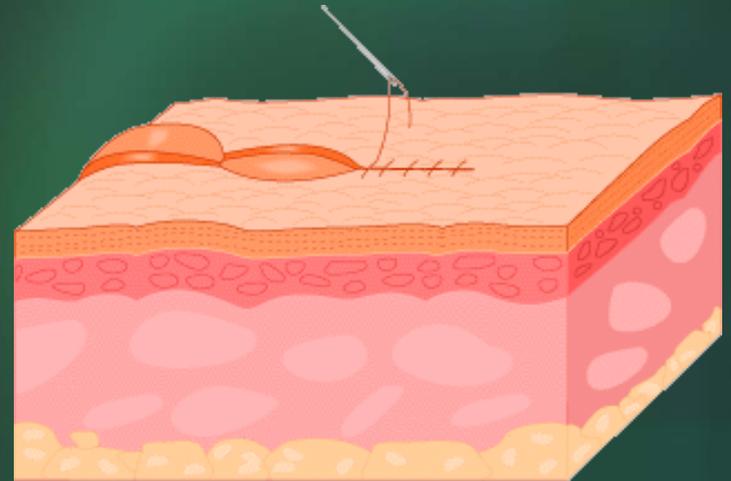
# LASER TECHNIQUES

- Carbon EDioxid Laser:  
Uses light beam to vaporize the skin and remove the pigment. Same result as the dermabrasion technique
- Q-Switched:  
Exposes or fragments pigment particles under the skin for the body's immune system to remove. This is the best method to remove red pigment, no scarring. This treatment requires multiple treatments
- Q-Switched Ruby Laser:  
Same as the above, but will remove green and black pigments
- Alexandrite Laser:  
Removes dark black, blue and green pigments





**Dermabrasion**



**Excision**



**Laser Techniques**

# **HENNA/MEHNDI TATTOOS**







[www.tropicamente.it/.../cata/j-k-l/j-l.htm](http://www.tropicamente.it/.../cata/j-k-l/j-l.htm)

# HENNA SAFETY

DO NOT

DO NOT

DO NOT

DO NOT

REAL



# MORE INFORMATION:

[www.safe-tattoos.com](http://www.safe-tattoos.com)

[www.cdc.gov](http://www.cdc.gov)

[www.doe.state.in.us/welcome.html](http://www.doe.state.in.us/welcome.html)



For the Complete Program:

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