



Think B4U Ink

Caring for Your Tattoo

- Tattoos can take up to 6 weeks to heal.
- Make sure that your new tattoo is covered with a sterile non-stick bandage when you leave.
- Eat well. Be active. Be yourself. The healthier your lifestyle, the easier it will be for your tattoo to heal.
- Ask for a printed list of things you must do to stop the tattoo from getting infected. Infection can ruin your new artwork and be harmful to your health.
- If you must touch your tattoo, wash your hands first!
- If your tattoo becomes sore, red, swollen or oozes pus, you may have an infection. See your Doctor immediately!

It is
YOUR BODY
YOUR MONEY
YOUR CHOICE!!

Resources

For more information about safe tattooing and other forms of body art, please contact:

Halton Region

Dial 311 or 905-825-6000

Toll free 1-866-4HALTON (1-866-442-5866)

TTY 905-827-9833

www.halton.ca

Halton Region Health Department
Smart Body Art

Safe Tattooing
Starts With You



An Informed Decision
Is A Good Decision



Health Department
Promoting and Protecting Health.
Preventing Disease. Providing EMS.

HE-09154



Is Tattooing Safe?

Tattooing can be safe when done by a professional artist who is careful to protect customers and themselves from infections. Touching the new tattoo area without washing your hands can also cause other infections. Tattooing, can increase the risk of getting blood diseases such as HIV/AIDS and Hepatitis B or C.

Hepatitis B vaccination is strongly recommended before getting a tattoo.

Know the Risks:

- Needles should be used only once. Re-using needles for tattooing is like sharing injectable drug needles.
- Make sure you watch your body artist remove the sterile bar and needles from the package.
- Only fresh ink should be used for your tattoo. Ask to see your ink poured into new, disposable 'caps'. A virus can survive for a long time in ink.
- Sterile needles, which have been dipped into pigments, pierce the tissue below the surface of the skin to create the permanent marks forming the tattoo.
- Currently, commercially prepared pigments are not sterile. Each unique pigment is placed in an individual cap/cup into which the tattoo needles are dipped.
- All permanent skin dyes being sold in Canada must comply with the Cosmetic Regulation, ensuring that the products are safe to use.



Never Tattoo Your Own Body. Don't Let A Friend Do It. It is Not Worth the Risk!

Choosing a Body Artist.

- Take the time to find a professional before you get a tattoo. How long was their training?
- Shop around before you get a tattoo. Get all of your questions answered.
- The body artist should not be smoking, drinking alcohol or taking drugs while working on you. You should be straight and sober too.
- Written aftercare instructions should be available.

A good body artist will answer all of your questions – just ask them!

Look Around . . . Ask Questions

- Is the shop clean? A dirty shop increases your risk of infection, which could ruin your tattoo and your health.
- Do they sterilize equipment and disinfect work surfaces to remove blood and body fluids?

- Do they use an autoclave?
- Do they have a sink to wash their hands?
- Is a new disposable razor used if the area needs to be shaved?
- Do they clean the area to be tattooed with soap and water and then wipe with an antiseptic swab?
- Do they use new disposable gloves for each tattooing?
- Are new disposable needles used for tattooing?

Choose the location of your tattoo carefully.

- Some sites can become infected more easily than others.
- Some sites have different amounts of pain.
- How will you like your choice of tattoo and site 5 or 10 years from now ?
- In future, will you want that tattoo to always be seen?

The body artist should give you a written list of things to do to prevent infection.

