

RISKS and PREVENTION of INFECTIONS

A tattoo involves a cutaneous break-in as well as an injection: this act can therefore introduce, in the person who suffers it, germs (bacterium or virus), if these germs are present on the skin (client or tattooist) or on the instruments used. Tattooing also causes minimal bleeding or microscopic splashes of blood or body fluids (not always visible) and can therefore transmit infections. These contaminations (transmission of germs, in particular hepatitis B and C viruses) are exceptional. But their extreme gravity requires taking every precaution to avoid them. Compliance with hygiene measures minimizes the risk of contamination.

These measures relate to:

- use of single-use equipment,
- the cleanliness of the premises,
- the washing of the hands before and after each act,
- the disinfection of the client's skin,
- the sterilization of all materials penetrating the skin.

ALLERGIC RISK

These reactions are unpredictable and can occur within a few weeks to more than 40 years after tattooing (so there is no point in doing a tattoo "test zone" on a hidden corner of skin).

CONTRAINDICATIONS

Tattooing is particularly inadvisable, or requires the advice of a specialist, in case of: Diabetes (insulin-dependent), hemophilia, eczema, psoriasis (no tattoo on skin with skin lesions), epilepsy, pregnancy, if you have your period during the session, breastfeeding, known allergy to certain products (latex, pigments ...),

Any medical treatment should be reported before the first session. In case of tanning/sunburn, the session also could be canceled (too many dead skin).

If you get sick you will have to cancel or postpone : possibly you will be more sensitive to pain, the disease will gain ground, the healing of the tattoo could be slowed down and of course, you could be contagious.

ADVICES BEFORE THE SESSION

- Moisturize your skin regularly (ideally for at least 7 days because the skin has a cycle of several weeks).
- You can exfoliate to reduce dead skin.
- You can practice your breath (many practices and proposals on internet: guided meditation, cardiac coherence, etc.). This can be effective in welcoming and circulating your energy, feelings and not tensing up. The more practice you have, the more likely the session will go well.
- Take care of yourself so you don't get sick.

CARE AND HEALING

After cleaning the wound with an antiseptic solution, your tattoo artist applies a cream on which he puts a bandage. You will remove this dressing 1 to 2 hours after the tattoo session, to clean -without rubbing- the tattoo with warm water and soap. The cream indicated by your tattoo artist can be applied to dry skin, 24 hours after completion of the tattoo. For 10 to 15 days, apply the cream 2 to 3 times a day, by massage, in a thin layer. Do not put on a bandage unless you are exposed to dirty work. Avoid touching the tattooed area with dirty hands and make sure to wash your hands before applying the cream. Prefer loose clothing and cotton (proscribe wool and nylon). Whenever possible, leave tattooed skin in the open air. Do not allow the baths, the pool, the sea, the saunas, the steam rooms and the sun for the duration of the cicatrization (minimum 15 days). Do not scratch your tattoo: small dead skin will fall on its own

AFTER THE TATTOO, notes

- It is normal to observe an inflammatory reaction (redness and sometimes swelling) in the days following the completion of the tattoo. These symptoms disappear in less than a week. The final healing is then obtained in a time that varies depending on the location of the tattoo, your general condition and your medical history. The average time to heal on the surface is 2 weeks. Persistence beyond one week or the aggravation of symptoms, the association of at least three signs among erythema (redness), edema (swelling), pain, fever, purulent discharge, sign the presence of an infection and require the consultation of a doctor.

For any questions regarding the healing and/or aspect of your tattoo, don't hesitate to contact me :)