

Information about the risks of tattoos and permanent makeup (PMU)

Applying tattoos and permanent make-up (PMU) involves risks. So make sure you are well rested and have eaten enough. Inform the tattoo artist or PMU practitioner of any medication use or skin problems, allergies, epilepsy, and hypersensitivity reactions. And check on www.veiligtatoeerenenpiercen.nl that the studio where you want to get a tattoo or PMU has a permit. This permit indicates that the studio works according to the requirements of the European standard (NEN-EN 17169) and the explanation of the standard.

Do not have a tattoo or PMU applied:

- in places where you have undergone plastic surgery or radiation in the past year;
- on a scar less than a year old;
- in a place that has been tattooed or PMU less than six weeks ago;
- in a place where a tattoo or PMU was lost less than three months ago lasered or where the laser wound has not yet healed;
- on irritated skin such as bumps, dark moles, or swellings;
- if you are under the influence of alcohol or drugs;
- if you are pregnant or breastfeeding

In addition, it is not recommended to get a tattoo or PMU if you suffer from one of the following conditions:

- diabetes;
- haemophilia;
- chronic skin disease;
- allergy to tattoo materials or ink;
- immune disorder;
- heart and vascular abnormalities.

Do you have one of these conditions or do you take anticoagulants or antibiotics? And do you still want a tattoo or PMU? First, discuss the options with a doctor. For background information about the above risks, visit www.veiligtatoeerenenpiercen.nl.

Getting the tattoo or permanent make-up (PMU)

Because a wound occurs during the tattooing or setting of PMU, there is a chance of contamination of blood-borne diseases such as hepatitis B and C. Check therefore whether the tattoo artist or the practitioner works hygienically. A hygienic method is also important to prevent your new tattoo or PMU from inflammation. In any case, pay attention that:

- the skin is cleaned and disinfected before tattooing or applying PMU and possibly shaved with a new disposable razor;
- the needles and ink are packed sterile and are only used for you; the needles are packed

individually, ink is in small ink cups;

- clean tissues are used on the skin during tattooing or applying PMU to clean;
- the tattoo artist or practitioner while applying the tattoo or PMU gloves wears and replaces them if he or she touches anything other than the tattoo machine, the pigment pen, a tissue, or your skin;
- the tattoo or the PMU is cared for and covered afterwards.

Aftercare

A new tattoo or PMU is similar to an abrasion. Poor care and unhygienic handling can cause wound infections and scar tissue. Moreover, wound infections can lead to a less beautiful tattoo or PMU. If you have the tattoo or PMU properly cared for, it takes two to six weeks for the wound to heal. The tattoo artist or practitioner provides a written explanation about the aftercare of tattoos or PMU. Read this carefully.