Body Art

MYTHS AND REALITIES

Pamela J. Wood, CDA, RDH, M.Ed., CAGS
Community College of Rhode Island
pwood@ccri.edu

Body Piercing and Tattooing

• an ancient practice of adornment
  – African and Egyptian tribes
  – dates back over 3,000 years B.C.
• mankind’s oldest art form
• for beautification, rites of passage, status or religious significance

Body Piercing and Tattooing

• Japanese – since 5th century B.C.
  – tattooing used for ornamental, cosmetic, and religious purposes
  – tattooing used for identification and punishment of criminals
  – 1700- royal family were only ones permitted to wear embroidered clothing
  – people who were not members of royal family beautified themselves with large, colorful tattoos

Body Piercing and Tattooing

• Egyptians 4000-2000 B.C.
  – identified tattooing with fertility and nobility
  – flaunted their royalty by piercing the navel
  – dot-and-dash patterns have been seen for many years throughout Egypt

Body Piercing and Tattooing

• Romans
  – marked criminals and slaves
• Roman Soldiers
  – pierced nipples to show virility and courage
• Native Americans
  – used body piercing in rites of passage and religious ceremonies

Body Piercing and Tattooing

• Greeks
  – used tattooing for communication between spies
  – markings identified spies and showed their rank
• Africans
  – believe demon spirits will fly up a person’s nostrils and cause sickness
  – wearing a ring in the nose will prevent sickness
Body Piercing and Tattooing

- Mayans
  - pierced tongues as a spiritual ritual
  - demonstrated virility and courage
- Eskimos
  - pierced lips of female infants as part of purification ritual
  - pierced lower lips of boys as part of passage into puberty

Body Piercing and Tattooing

- England and European countries – late 10th century
  - royalty were tattooed
  - Queen Victoria – tattoo
  - nipple and genital piercing was popular with both males and females
  - Prince Albert – penile piercing
    - later became known as the "Prince Albert" piercing
  - Lady Randolph Churchill (Winston’s mother) had a snake tattooed around her wrist

Scarification

- also called cicatization
- alters skin texture by cutting the skin and controlling the body's healing process.
- the cuts, which are treated to prevent infection and to enhance the scars' visibility, leave visible incisions after the skin heals
- cutting elaborate and extensive decorative patterns into the skin usually indicates a permanent change in a person's status
- inserting substances like clay or ash in the wounds results in permanently raised bumps, known as keloids.

Body Piercing and Tattooing

- tattooing came to America in late 1800's
  - elite brought it over from France, England and Japan
- body piercing
  - identified with royalty
  - portrayed courage and virility

Tattooing in U.S.

- 1897 – tattooing first reached U.S.
- became a circus sideshow attraction
- associated with perverts, psychopaths, prostitutes and psychotics
- stereotype of person with a tattoo
  - poor judgment
  - low self-esteem
  - impulsive

Tattooing in U.S.

- Chatham Square in New York City
  - birthplace of the American style tattoo
  - thrived from 1900-1920's
  - seaport and entertainment center that attracted working-class people with money
  - cosmetic tattooing became popular
  - bravery and wartime icons popular
Tattooing in U.S.

- 1920’s – prohibition and then depression
  - center for tattoo art moved to Coney Island
  - tattoo shops opened across country in cities with military bases close by
  - tattoos were known as travel markers
  - tattoos identified where a person had been

- After World War II
  - tattooing had little respect in American culture
  - associated with Marlon Brando type bikers and juvenile delinquents
  - 1961
    - outbreak of hepatitis caused ban on tattooing in many parts of U.S.
    - health code violations went into effect and tattoo shops were shut down

- Late 1960’s
  - celebrities (particularly women) were getting tattoos
  - prior to late 70’s in U.S.
    - tattoos common among motorcyclists, criminals, gang members, military personnel
    - tattoos obtained to show loyalty to group

- Late 1980’s
  - tattooing and piercing were no longer restricted to socially marginal groups
  - body modification became trendy
  - 1997
    - contestant in Miss America Pageant wore navel ring
Harris Poll 2015

<table>
<thead>
<tr>
<th></th>
<th>at Least One Tattoo</th>
<th>Multiple</th>
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<tbody>
<tr>
<td>Millennials 18-35</td>
<td>47</td>
<td>37</td>
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<tr>
<td>Gen Xers 36-50</td>
<td>36</td>
<td>24</td>
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<td>Baby Boomers 51-69</td>
<td>13</td>
<td>6</td>
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<tr>
<td>Matures 70+</td>
<td>10</td>
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Who is Piercing and Tattooing?

Harris Poll 2015

- Rural and urban Americans more likely to have a tattoo than suburbanites
- Those with children in household are much more likely than those without to have at least one tattoo
- Highest incidence of tattoos among gay, lesbian and bisexual population

Harris Poll 2015

- 23% regret getting a tattoo
  - Too young when they got tattoo
  - Personality changes
  - Doesn’t fit my present lifestyle
  - Has someone’s name that I’m no longer with
  - Poorly done, doesn’t look professional
  - Isn’t meaningful

Harris Poll 2015

- 33% said having tattoos made them feel sexier
- 29% said tattoos made them feel more rebellious
- 32% said tattoos made them feel more attractive
- 27% said made them feel more rebellious
- 22% made them feel more spiritual

How do people without tattoos feel about people with tattoos?

- 47% less attractive
- 44% less sexy
- 29% less intelligent
- 45% more rebellious
- 34% less respectable
Comfort level with visible tattoos in specific positions

- Athlete 86%
- Police Officer 70%
- Camp Counselor 67%
- Banker 64%
- Primary School Teacher 59%
- Judge 59%

The Role of the Baby Boomers

- once baby boomers began activity it became popular due to large numbers of this population
- helps them recapture their youth and their days of rebellion
- white-collar business careers dictate that they must pierce in inconspicuous areas
- generally pierce nipples, navels, genitalia

Body Piercing and Tattooing

- is fashionable
  - allows people to be individuals
  - self-identity and self-expression
  - makes a statement
- may be ritualistic
- may be used to increase sexual stimulation

“Well-Knowns” with Body Art

- Drew Barrymore
- David Bowie
- Sean Connery
- Demi Moore
- Julia Roberts
- Roseanne
- Teddy Roosevelt
- Axl Rose
- Cher
- Dennis Rodman
- Charles Manson

Body Art and Religion

- body art considered taboo or unacceptable by many religions
  - Jewish faith
  - some Christian denominations
- Bible and Koran prohibit tattooing
- Leviticus 19:28 (Old Testament)
  - “Do not cut your bodies for the dead or put tattoo marks on yourselves. I am the Lord.”

Body Art and Religion

- Deuteronomy 14:1
  - “You are the children of the Lord your God. Do not cut yourselves or shave the front of your heads for the dead, for you are a people holy to the Lord your God.”
**Body Piercing**

- 14% of Americans have piercing other than an ear lobe
- 72% are women
- Most popular location for women – navel
- Most popular location for men – nipple
  - Closely followed by eyebrow and ear
- 31% had complications
- 15.2% needed professional help
- .9% needed hospitalization

**Reasons for Piercing**

- non-conformity
- anti-establishmentism
- self-imposed right of passage
- ritualism
- tribalism
- thrill of piercing
- sexual enhancement
- increase attractiveness
- fashion reasons

**Types of Piercing**

- Oral/Perioral Body Piercing
  - tongue
  - uvula
  - cheeks
  - lips
- Other Areas
  - navels
  - eyebrows
  - nose
  - nipples
  - genitals

**Oral Piercing**

- Jewelry
  - removable studs
  - hoops
  - barbell shaped devices
- Tongue Piercing
  - most common site is midline of tongue and anterior to the lingual frenum

**Health Risks**

- transmission of blood-borne viruses
  - Hepatitis B
  - Hepatitis C
  - HIV
- bacteria
  - staphylococcus
  - streptococcus

**Complications of Piercing**

- 31% had complications
- 15.2% needed professional help
- .9% needed hospitalization
Keloids

- A tumor resulting from an abnormal overgrowth of fibrous tissue following injury
- Body over responds to trauma
- More common in people of color

Infection #1 Complication

- 22% infection rate for body piercing
  - Many patients cause their own infections by neglecting aftercare
- 34% for cartilage piercing (outer ear, nose)
  - Does not have adequate blood supply to bring immune cells to fight infections
  - Can cause necrosis of this area of the ear or nose
- Hairy areas more prone to infection

Other Complications of Body Piercing

- Cellulitis
- Death
  - Toxic shock
  - Tetanus

Nipple Piercing

- May burrow through some of the milk-producing ducts and cause infections or problems with breast feeding at a later date
- Have been cases of mastitis
- One case of endocarditis from nipple piercing

Navel Piercing

- Become infected easily because of tight fitting clothing
- Clothing
  - Creates warm, dark and moist environment for multiplication of bacteria
- Most successful on client’s with internal umbilical openings
- If piercing is not deep enough it will be difficult to retain the jewelry and the body will reject it and create keloids

Nipple and Genital Piercing

- Infection - Contact with saliva by sexual partners prior to healing
- Doctors prescribe antibiotics specific to skin infections
  - Need to prescribe antibiotics that fight gram negative bacteria
- Intercourse is contraindicated
- Urethral rupture from avulsion of a penile pierce
- Risk of mucosal trauma during sexual activity
- Risk of damage to condoms during intercourse
### Complications of Oral Piercing

- **infection**
  - high number of bacteria in mouth
  - one in five piercings lead to infections
  - risk of infection and hemorrhage increase if a person is medically compromised
    - diabetic
    - drug or alcohol dependent
    - HIV infection
    - bleeding disorders

- **allergies**

- **damage to teeth**
  - barbell may fracture teeth

- **damage to cheeks**
  - tearing of mucosa

- **lisp**

- **increased calculus build-up**

### Tongue Piercing

- piercing can cause tongue to swell
  - can block or restrict airway

- bacteria under tongue can invade tongue and can result in
  - toxic shock syndrome
  - blood poisoning

- studs can become loose and be swallowed or inhaled

- **other dangers**
  - deep cyst formation
  - scarring
  - damage to veins and nerves
  - development of neuromas
  - ortho

- **compromise of airway**
  - swelling of tongue
  - aspiration of jewelry

- **post-placement edema**

- **prolonged bleeding and hemorrhage**
  - tongue contains major vessels of lingual artery and vein

- **permanent paresthesia**

- **hard palate distortion**

### Complications of Oral Piercing

- **damage to gingiva**
  - piercing tongue, lip or cheek could cause localized gingival recession

- **tissue hyperplasia**

- **increased salivary flow**

- **HIV**

- **Hepatitis**

- **Tetanus**

### Complications of Oral Piercing

- **compromise of airway**

- **swelling of tongue**

- **aspiration of jewelry**

- **post-placement edema**

- **prolonged bleeding and hemorrhage**
  - tongue contains major vessels of lingual artery and vein

- **permanent paresthesia**

- **hard palate distortion**
Complications of Oral Piercing

- formation of scar tissue
- loss of taste
- interference with speech
- interference with mastication
- obstruction for intraoral and skull radiographs
- injury during contact sports

Oral Piercing and Cancer

- oral cancer can look like a complication of tongue piercing
  - 11.5% of tongue cancer affects the tip
  - 6.5% affects the center where stud is placed
  - 47% occurs on the margins where tongue rubs against teeth that may be rough from tongue jewelry

Complications of Oral Piercing

- metal hypersensitivity
- patient can develop habit of biting on oral jewelry
  - can wear night guard or splint to protect teeth
  - acrylic balls minimize trauma
- bacterial endocarditis
- one case of brain abscess
- removal in emergency situations is difficult
- Ludwig’s Angina
  - cellulitis of the submandibular, sublingual and submental fascial spaces

Lingual Recession

- % of recession increased with time
- % or recession increased with a long stem barbell

Chipped Teeth

- prevalence of chipped teeth increased with time
- prevalence of chipping was greater in subjects with a long stem barbell

Number of Teeth with Recession
Considerations

- Medical Considerations
  - Effective health screening
  - Prophylactic Antibiotics
  - Diabetics
  - Tongue Piercing
    - ventral great veins of tongue
- Additional Considerations
  - MRI

Considering Piercing?

- consider healing time
- tongue can swell up for several days
- be aware of any workplace policies
- choose a reputable business
- piercer should belong to Association of Professional Piercers
- infection control
- high quality jewelry
- follow up instructions

Intra-oral Piercing Procedure

- no anesthesia is used
- site is chosen
- type of jewelry is selected
- area rinsed thoroughly and marked
- piercer retracts skin with a hemostat
- pushes a 12 or 16 gauge needle through the skin
- jewelry is connected to the hollow needle and is threaded through the hole
- pressure applied to site to stop bleeding

Radiography Protocol

- panoramic radiograph
  - all jewelry in head and neck area should be removed
- intraoral radiographs
  - cheek and labrette (lip) jewelry should be removed
- have patient place a nonmetallic replacement if available
- dental office should provide a replacement to keep piercing site open
  - nylon line (12-14 gauge) can be inserted through the pierced area

Recommended Procedure for Preparing Replacement for Jewelry

- cut line to 1 ½ inches
- melt one end with fire or match

Recommended Procedure for Preparing Replacement for Jewelry

- While warm, gently press this end against a flat surface. The resulting end will be widened and flattened and serve as a ‘stop’
- With a pocketknife or scaler, smooth the rough end of the other side, narrowing the edge for more comfortable insertion. Package separately and autoclave individually.
Recommended Procedure for Preparing Replacement for Jewelry

- Remove jewelry
- Insert Line

Patient Education

www.safe piercing.com
www.adacatalog.org

Care of Pierced Areas

- avoid public pools and hot tubs until healed
- wash hands before touching pierced area
- avoid contact with body fluids

Oral Piercings

- alcohol-free antimicrobial mouth rinse
- alcohol increases possibility of bleeding
- rinse mouth frequently
- check jewelry daily to make sure it is not loose
- sleep with head propped up with pillows to minimize swelling
- drink plenty of liquids
- take small bites to help get used to jewelry
- avoid spicy foods

Oral Piercings

- avoid alcoholic beverages – can lead to dehydration
- avoid smoking
- avoid gum chewing
- no kissing or exchange of oral fluids
- do not share plates, cups or eating utensils
- no aspirin

Skin Piercings

- wash hands before touching or cleaning area
- avoid contact with other people’s body fluids
- rinse area to remove sweat after exercising
- wear clean clothing
- clean with antimicrobial soap and rinse thoroughly
- no alcohol or peroxide – drying
- no ointments – prevents oxygen form reaching wound
- turn jewelry 3-4 times a day
Ear and Cartilage Piercings
- avoid make-up and powders around face and neck during healing
- covered pierced area when using hair spray

Navel Piercings
- high rate of infection because skin bends and stretches and exposed to a large number of bacteria
- choose jewelry that is the right shape for this area
- no tight clothes – belts, stockings
- do not sleep on stomach
- wash with antimicrobial soap
- rinse thoroughly while rotating jewelry

Navel Piercings
- apply liquid antiseptic without fragrances
- clean twice a day – no more
- use hot soaks and compresses once or twice daily
- jewelry should not be changed until after the healing period
- avoid any oral contact with the piercing
- avoid allowing bodily fluids to contact piercing

Genital Piercings
- avoid sexual activity for at least a week

Healing Time for Piercing

<table>
<thead>
<tr>
<th>Body Part</th>
<th>Healing Time</th>
</tr>
</thead>
<tbody>
<tr>
<td>Ear Lobe</td>
<td>6-8 weeks</td>
</tr>
<tr>
<td>Ear Cartilage</td>
<td>4 months – 1 year</td>
</tr>
<tr>
<td>Eyebrow</td>
<td>6-8 weeks</td>
</tr>
<tr>
<td>Nostril</td>
<td>2-4 months</td>
</tr>
<tr>
<td>Nasal Septum</td>
<td>6-8 months</td>
</tr>
<tr>
<td>Nasal Bridge</td>
<td>8-10 weeks</td>
</tr>
<tr>
<td>Tongue</td>
<td>4 weeks</td>
</tr>
<tr>
<td>Lip</td>
<td>2-3 months</td>
</tr>
<tr>
<td>Nipple</td>
<td>3-6 months</td>
</tr>
<tr>
<td>Navel</td>
<td>4 months – 1 year</td>
</tr>
<tr>
<td>Female Genitalia</td>
<td>4-10 weeks</td>
</tr>
<tr>
<td>Male Genitalia</td>
<td>4 weeks – 6 months</td>
</tr>
</tbody>
</table>

Tattoo
- comes from Tahitian “tatu” – to mark something
- Webster’s Dictionary – an indelible mark or figure fixed upon the body by the insertion of pigment under the skin or by production of scars
### Types of Tattoos

- **Traumatic**
  - accidental imbedding of colored materials or dirt
  - common with motorcycle accidents
- **Amateur**
  - boyfriends name
  - gang tattoos
- **Cultural**

### Professional Tattoos

- **Cosmetic (Medical Micropigmentology)**
  - permanent make-up
  - eyeliner, lip liner, lipstick, rouge, eyebrow pencil
  - performed by certified micropigmentologists
  - resource (American Academy of Micropigmentologists)

### Prisoner Markings in Auschwitz

- on left forearm
- women different series from men
- identified the status, nationality or religion of the prisoner

### Tattoos for Specific Gangs

- may include the name, initials or symbols of the gang
- no rule for determining the number, size or professionalism of the gang member's tattoos
- most are homemade or "prison tattoos."
- are not confined to any particular part of the body
- it is not so much where the tattoo is, but rather which side of the body it is on
- specific sides for specific gangs

### Types of Professional Tattoos

- **black and grey work**
  - originated in prison systems
  - prisoners couldn’t obtain colored ink
  - been refined and modernized
- **traditional**
  - bold black outlines, strong black shading, bright colors
- **fineline**
  - delicate outlines
  - highly detailed
- **tribal**
  - bold, black silhouette designs
- **realistic**
  - photo quality
  - portraits or nature scenes
Types of Professional Tattoos

• custom
  – designed just for you
• oriental
  – incorporates swirling patterns and figures from eastern mythology
  – utilizes the entire body as a canvas
• blacklight

Most Common Tattoo Designs

• Anchor
• Angel
• Bat
• Butterfly
• Chain
• Cross
• Dove
• Dragon

Most Common Tattoo Designs

• Eagle
• Heart
• Lotus
• Phoenix
• Rose
• Skull
• Stars
• Yin-Yang

New Tattoo Ink

• Infinitink
  • invented at Harvard University
  • dyes are safe and completely removable
  • combination of dyes and a polymer that is approved by the FDA
  • tattoo ink is inside microscopic plastic beads
  • the dyes and beads can be absorbed by the body and are biodegradable
  • one laser treatment breaks the bond to the polymer and the dyes break down and are absorbed

Considering a Tattoo?

• unsterile needles can spread serious infection and disease
• removal is expensive
• removal is difficult
• some cause permanent discoloration
• some persons are allergic to tattoo dye
• parlour should be clean
• ask questions about infection control
• tattoo needles should be used only once

Considering a Tattoo?

• bag with needles should be opened in front of you
• leftover ink should be discarded
• tattooist should wear gloves
• tattoos can be affected by stretch marks
• granulomas can form around particles of tattoo pigment
• swelling or burning can be experienced in the area of a tattoo during a MRI
Considering a Tattoo?
• DISSATISFACTION is the most common problem
• many tattoo pigments do not contain standardized ingredients
• is the tattooist trained – certificates?
• is the artist vaccinated for Hep. B
• look at pictures of artists finished work, or actual tattoos
• put thought and energy into choosing your tattoo

Risks Associated with Tattoos
• Hepatitis B – most common
• Hepatitis C
  – American Liver Foundation estimates that piercing and tattooing accounts for 40% of unknown cause Hep B and C
• Tetanus
• Treponema pallidum
• Papillomavirus
• Mycobacterium

Risks Associated with Tattoos
• HIV
  – there has been no documented spread of HIV by professional tattooing
  – only a small volume of blood is present during tattooing
  – scratch not intermuscular stick
• CDC
  – feels potential exists for transmission of HIV
  – concerned that tattooing and body piercing will expose a new population to HIV infection that were otherwise at low risk
  * middle and upper class young people

MRSA
• methicillin –resistant Staphylococcus aureus
• resistant to antibiotics
• CDC reported 44 cases in 2004-2005
• 16 needed surgery
• cases tracked to 13 tattooists in Ohio, Kentucky and Vermont
• none were licensed
• did not utilize proper sterilization techniques
• patients were all healthy with no risk factors

Additional Complications
• MRI
  – tattoos done over 20 years ago can contain metal particles in the dye and cause burning or swelling in area of tattoo
  – permanent cosmetics in eye area may prevent accurate diagnosis of problems in this area

Workplace Considerations
• In most cases employers can legally refuse to hire someone with visible tattoos
• Should have a policy in place and make sure that it is followed consistently
• Or can require condition to cover them
## Workplace Considerations

- Underlying concerns of employers hiring people with visible body art
  - The employee may not be taken seriously by tradition-minded clients
  - The concern that the organization’s brand or image might be compromised
  - The concern that one person’s body art could be perceived as offensive or hostile to a co-worker or customer

## Tattoos

- **Cost**
  - minimum of $50 to several hundred dollars

- **Time**
  - simple tattoos take at least an hour
  - large tattoos can take several hours

- **Discomfort**
  - pain lasts throughout procedure
  - not uncommon for client to vomit or faint
  - most laws do not permit tattooists to give anesthetic

## After Care for Tattoos

- proper aftercare will prevent infection and minimize fading of colors
- skin must be kept moist and clean
- should remain covered for 4-24 hours depending on size and location of tattoo
- similar to caring for a minor burn
- wash tattoo with warm water and antibacterial soap
- pat dry

## After Care for Tattoos

- do not use alcohol or peroxide
  - will dry out tattoo

- do not clean with facecloth or anything abrasive

- apply thin layer of triple antibiotic cream 3-4 times per day for first two days (some tattooists no longer recommend due to allergies)
- after first two days apply fragrance free moisturizing lotion with no color additives
- do no use Vaseline or petroleum jelly
  - not water soluble
  - can trap bacteria

## After Care for Tattoos

- scabbing and peeling will occur but do not pick or scratch

- avoid hot tubs, swimming or taking baths until peeling has stopped

- can wash a tattoo but do not soak

- area should heal in 7 – 10 days

- total healing time 4-6 weeks

- avoid direct sunlight for four weeks

- do not expose tattoo to tanning bed lights

- use strong sunscreen forever to prevent tattoo from fading

## Reasons for Tattoo Removal

- 17-50% of individuals are seeking tattoo removal
- to improve self-esteem
- to get rid of a socially stigmatizing picture such as a gang symbol
- to make a clean break from the past
- to look good at a job interview
Tattoo Removal Methods

- Tat B Gone
  - fades away tattoo
  - takes 3-9 months
  - 3 step system
  - 4 month supply - $200
- Wrecking Balm®
  - 3 step process/3 minutes every other day
  - $150 for two month supply

Other Forms of Body Modification

- Subdermal implants
- Ear stretching
- Scarification
- Branding
- Cutting
- Lip Sewing
- Eye Sewing

Cutting Statistics

- 90% of self-injury individuals begin harming themselves in their teens or younger
- 50% begin at the age of 14 and continue into their 20’s
- Cutting crosses all cultures and socio-economic norms
- 1 in 5 female, 1 in 7 male
- 50% of cutters reported being sexually abused

Self-Harm

- Absence of suicidal intent
- More likely to be exposed to stressors
  - Intimacy problems
  - Peer conflicts
- Higher incidence of family problems and trouble in school
- Other factors
  - Depression, impulsivity, conflict regarding sexual orientation, sense of hopelessness

Why?

- To be part of a peer group
- Means of coping with emotional distress
- A call for help
- Depression and frequent feelings of shame
- To take control of their bodies and be independent

Recognition and Treatment

- Forearms, wrists, ankles and lower legs most common
- Try to cover with clothing
- Treatment must include consultation with an adolescent psychologist or mental health professional
- Medication, stress reduction and management skills also utilized
Tongue Splitting
- a practice currently increasing in popularity
- also referred to as "forked" or "lizard" tongue
- historically
  - Mayans felt this invoked certain gods, healing spirits and energies
  - in Yoga tongue was split and stretched to use in breathing exercises
- performed using a heated scalpel or a laser and cauterization
- the median fibrous septum is cut

Risks of Tongue Splitting
- negligible if performed by a board-certified surgeon
- blood loss
- damage to nerves and glands in tongue and floor of mouth
- infection
- scarring

Complications of Tongue Splitting
- regrowth of the halves
- altered taste
- loss of sensation
- speech abnormalities

Eye Jewelry
- decorative piece of platinum (heart, half-moon, star) is inserted in the conjunctiva (mucous membrane lining the inner surface of the eyelids and the front of the eyeball) of the eye
- no needles or injections
- small incision and the jewel is slipped in
- procedure takes about 15 minutes
- incision seals itself
- not permanent and can be removed
- cost $4000

Tooth Gems
- originated in England
- crystal glass ornaments are bonded to the tooth without drilling or pain.
- the dental jewelry is temporary, lasting up to one year
- it can be removed with dental floss at any time
- the bonding agents will not damage the tooth (according to advertisements)
- inexpensive (approximately $25 per tooth)

Removable Grills
- became popular initially with hip-hop and rap culture
- also called “fronts”
- now mainstream
Want to Donate Blood?

• American Association of Blood Banks
  – requires one-year wait between getting a tattoo and donating blood if state does not regulate tattoo facilities

Alternatives

• temporary tattoos
• designer Jean-Paul Gaultier
  – snugly fitting garments covered with tattoo flash
• clip-on nose rings and navel rings
• magnetic jewelry
  – works well for lip, ear and nose

Alternatives

• Mehndi
  – a method of body painting that uses henna to create a tattoo
  – dyes last for a month or two
  – designs can be as intricate as a traditional tattoo
• Airbrush Tattoos

Tattooing and Piercing Organizations

• The Alliance of Professional Tattooists
  – nonprofit educational organization that was founded in 1992 to address the health and safety issues facing the tattoo industry
• The Association of Professional Piercers
  – nonprofit international organization committed to the promotion and advancement of piercing safety and hygiene

Regulations

• still primarily an artist-consumer regulated business
• no universal regulations in US for body art practitioners
• regulations and enforcement are inconsistent
• 37 of the 50 states have legislation regulating the body-piercing industry
• most require that recipients of studs, bolts, safety pins and loops be 18 or older
• some parlors set more stringent rules – anyone under 18 must be accompanied by a parent to give consent

FDA

• inks used in tattoos and permanent makeup and pigments used in these inks subject to FDA regulation as cosmetics and color additives
• FDA does not yet regulate the use of tattoo inks and pigments
• FDA does not control practice of tattooing
• most regulations enforced at local health department level
• those with complaints reviewed, others may be left alone and not inspected
**Regulations**

- **Tattooing of Minors Act (1969)**
  - tattoos cannot be performed on anyone under 18 years of age unless it is performed for medical reasons and by a qualified practitioner
- **ear piercing, electrolysis, acupuncture and tattooing are regulated in most states at the local level**
- **nontraditional body piercing is licensed and regulated in only a few states (1999)**

- **Vermont**
  - must be registered to perform the following procedures:
    - tattooing
    - body piercing
  - cannot tattoo a minor under 18 without written consent from parent or guardian
  - all shops must be registered
  - tattoo artists must work in registered shops

**The ADA and Piercing**

“Because of its potential for numerous negative sequelae, the ADA opposes the practice of intraoral/perioral piercing and tongue splitting. The Association supports legislation that requires parental consent regarding intraoral/perioral piercing of minors and urges the constituent societies to seek such legislation.”

Excerpt from ADA’s Position Statement on Oral Piercing

**In Opposition of Regulation**

- **ACLU**
  - claims tattooing is protected under the first amendment
  - ”people who have tattoos use their bodies as billboards to express their views to the world…” (Henry Schwartz – lawyer who argued case for ACLU)

**Warnings**

- **National Institute of Health**
  - piercing has been identified as a possible vehicle for the transmission of Hepatitis B, C, D and G
  - possible transmission of HIV

**Improvements Needed**

- **better credentialing**
- **better regulations relative to infection control**
- **more informed consent**
  - consumers signing consent forms but are not getting all the information they need to know
- **better post-op information**