



Tips to Consider When Obtaining a Tattoo or Piercing

Without giving it much thought, many choose to brand themselves with a tattoo or body piercing to express their personality, but today's trend may be tomorrow's regret. As a result, many of yesterday's trendsetters choose to remove piercings and undergo laser tattoo removal. According to the American Society for Dermatologic Surgery (ASDS), there are several do's and don'ts people should consider before getting a tattoo or piercing that would help if and when the removal process comes along.

Do's:

- Do choose a facility carefully: Make sure the establishment is reputable and licensed to perform these procedures.
- Do keep things simple: A small tattoo or one with two or three colors is the easiest to remove, as well as conceal; and simple piercings in the ear are classic symbols of style that never get out of style.
- Do choose an appropriate location: Because outlandish piercings or tattoos in unusual and sensitive areas can lead to scarring and holes that never heal, you may want to think twice about where to place these items on your body. Also, think carefully about where you want it and how big it should be. A good tip is to place it in an area that can be covered by clothing traditionally worn in the work place. For example, a belly button piercing can easily be covered but shown off if you wish, whereas an eye brow piercing can not.
- Do remember what's "hot" today may not be tomorrow: Today, the latest fad may be tribal or flower tattoos, but tomorrow's trends may be different. That lip ring may not be so popular when you are a soccer mom driving the car pool. So, think about down the road and what you'll be happy with in the years ahead.

Don'ts:

- Don't administer self-piercings or tattoos: Attempting to pierce yourself or give yourself a tattoo is extremely dangerous and can lead to infections, serious health complications and even death.
- Don't have a procedure in unsanitary conditions: Sterile equipment and supplies should always be used for tattoos and piercings. Look out for unacceptable conditions, such as the use of needles on more than one patient and technicians who don't wear gloves.

- Don't let an infection go: If you suspect any problems, or experience considerable redness or soreness, see your doctor immediately – it may signal an infection..