

Consumer's Bill of Rights

Consumers of services offered by professionals authorized to practice by the Oregon Health Licensing Agency (OHLA) have a legal right to:

- ✦ Receive competent professional services
- ✦ Verify the names, titles and credentials of professionals who are providing services
- ✦ Receive clear explanations of the services offered and cost for the services
- ✦ Refuse any services offered
- ✦ Receive information on complaints that have resulted in final action
- ✦ File a complaint with OHLA regarding a practitioner, facility, or an unlicensed/uncertified person
- ✦ Request reasonable accommodations to access professional services as outlined in the Americans with Disabilities Act
- ✦ Be treated with courtesy and respect
- ✦ Have service options and consequences explained

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www.oregon.gov/OHLA

OHLA_Piercing_Thoughts_Aftercare_07_09

Piercing Thoughts



PIERCING & TATTOO AFTERCARE



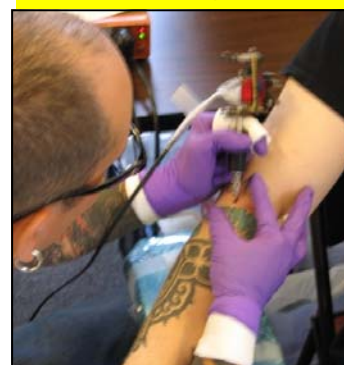
OREGON HEALTH LICENSING AGENCY (OHLA)

So you've just gotten a tattoo or body piercing. Now is the time to take care of your new body art.

To avoid unpleasant or even dangerous complications, be sure to follow *aftercare* instructions. *Aftercare* is the care you need to take after getting a tattoo or body piercing.

Tattoo artists and body piercing technicians are required to provide you with instructions to aid in the healing process and to prevent infection. After that, it's up to you!

Before turning to the rest of this brochure to



find out more about aftercare, let's take a quick look at those body art procedures that **aren't** legally allowed.

Tattoo artists and body piercing technicians

cannot offer these or similar procedures:

- ☞ Branding
- ☞ Implants
- ☞ Scarification
- ☞ Tongue-splitting

These procedures are surgical in nature and may be offered **only** by physicians or other licensed health care providers within their scope of practice.

USE YOUR BRAIN

Piercing or tattooing yourself is a bad idea. If you try it on a friend it's a violation. Not only will you risk a potential infection, chances are you probably won't do such a good job. Leave it to the professionals and steer clear of pain and suffering, or a fine.

Piercing Thoughts

The **Piercing Thoughts** public education campaign was thought up by the **Oregon Health Licensing Agency (OHLA)**, a state consumer protection agency.



We'd like to hear from you! Let us know if you need more information or additional campaign materials, including our brochure on tattoo and piercing safety.

Contact us

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Be Aware... of Aftercare

You've used your brain — you've made sure the facility is licensed and the practitioners are licensed/registered with the **Oregon Health Licensing Agency (OHLA)**.

You've checked to make sure the facility looks clean and is following state regulations regarding safety and infection control (see our *Piercing & Tattoo Safety* brochure).

Now the rest is up to you — now is the time to handle your new body art with care and attention. Until it heals, your piercing or tattoo is more likely to develop an infection.

FOR MORE INFORMATION



www.oregon.gov/OHLA/BP

Records Required — To legally provide services, body piercing technicians and tattoo artists must keep the following information on each client:

- Name
- Date of birth
- Address
- Date, type and duration of each service
- Special instructions, and medical history or client conditions



Aftercare Tips: In General



- Always thoroughly **wash your hands** with soap before touching affected area.
- Wash affected area at least twice a day with soap (preferably liquid soap).
- Rinse affected area with a saline (salt and water) solution once or twice a day.
- Do not use rubbing alcohol or peroxide on the affected area.
- Until affected area heals, avoid hot tubs, swimming or taking hot baths.

For Tattoos



- Keep the new tattoo covered with a bandage for 1-3 hours, or as recommended by your tattoo artist.
- Wet the bandage before carefully removing it from the affected area.
- Don't** put a new bandage on the tattoo after taking off the old one.
- Wash and rinse (don't soak or submerge), then pat dry with a clean paper towel.
- Apply a light coat of ointment (**not** antibacterial) to keep tattoo from drying.
- Within 7-10 days, your tattoo should stop feeling tender.
- Avoid exposure to direct sunlight for at least four weeks.

For Piercings



- Don't** use antibacterial ointments, which may trap bacteria after the ointment wears off.
- For ear piercings, clean and disinfect anything that may touch your ear, such as a cell phone or eye/sun glasses.
- For tongue, lip and cheek piercings, rinse frequently for 60 seconds with an alcohol-free mouthwash and between meals with a saline solution for 10-15 seconds.
- Piercings may seem healed before healing is complete because they heal from the outside in. Be patient!

Healing Takes Time

Ear lobe	6 to 8 weeks
Ear cartilage	4 months to 1 year
Eyebrow	6 to 8 weeks
Nostril	2 to 4 months
Nasal septum	6 to 8 weeks
Nasal bridge	8 to 10 weeks
Tongue	4 weeks
Lip	2 to 3 months
Nipple	3 to 6 months
Navel	4 months to 1 year

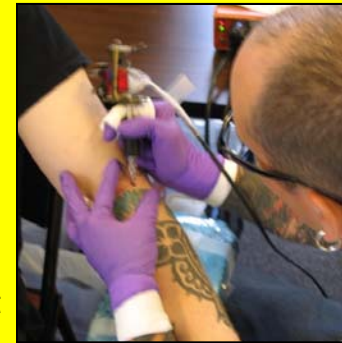
Scare Tactics

We don't want to scare you off from getting a piercing or tattoo, but you should be aware of the potential risks.

- Cleaning solutions, too-tight clothing, or trauma may **IRRITATE** the affected area.
- Not properly cleaning or allowing dirt, bodily fluids or other contaminants into the affected area may cause **INFECTION**.

HEED THESE SIGNS!

You may need medical attention if you have redness, swelling or heat that extends more than a quarter-inch from the affected area. Other warning signs: unusual soreness, thick yellow or green discharge, continuous oozing or bleeding, and red streaks from the site.



Hack Jobs & Horror Stories?

If you have negative experience with a piercing or tattoo, we want to know. We investigate consumer complaints and can take action against licensees for violations of state safety and infection control standards.

OHLA Regulatory Operations:

503-378-8667