

Chapter 13 Lesson 1: Healthy Skin, Hair, and Nails

Introduction:

Many teens today wear tattoos or body piercings as a way to make themselves stand out. Getting a piercing or a tattoo may seem like a cool way to express your individuality. However, as you learned in this lesson, piercing and tattooing also carry health risks. For teens who are considering tattooing or piercing, the Web site below has more information about these risks and what you can do to protect yourself.

Links to Explore:

Tattoos and piercings: What to know beforehand

<http://www.mayoclinic.com/health/tattoos-and-piercings/MC00020>

Directions:

- Click on the link and read the fact sheet on tattooing and piercing.
 - Then answer the following questions:
1. Identify five health risks associated with tattoos.
 2. What special steps should a person take to protect recently tattooed skin?
 3. Identify five health risks associated with body piercing.
 4. What steps should be taken to protect a new skin piercing?
 5. Why are piercing guns unsafe?
 6. List three things to check for when choosing a place to have a piercing or a tattoo done.

Answers:

1. Blood-borne diseases, skin disorders, skin infections, allergic reactions, and MRI complications
2. Clean the area with soap and water, apply moisturizer regularly, avoid sun exposure for the first few weeks, and avoid picking at scabs.
3. Blood-borne diseases, allergic reactions, oral complications (for mouth piercings), skin infections, and scarring
4. Rinse the site in warm water, remove crusting with a cotton swab, apply liquid medicated cleanser to the area, and gently turn the jewelry back and forth to work the cleanser around the opening. Avoid using alcohol, peroxide, or ointments.
5. They cannot be properly sterilized, increasing the risk of infection, and they may crush the skin during piercing.
6. Any three of the following:

- All employees are properly trained and licensed.
- The studio is clean and tidy.
- All non-disposable equipment is sterilized in an autoclave.
- Fresh equipment (needles, dyes, etc.) is used for each procedure.
- The piercer or tattoo artist wears sterile gloves.
- Piercings are not done with a gun.
- Piercing jewelry is made from surgical steel, 14- or 18-carat gold, or niobium.

Additional Links to Explore:

Use the links below to gather additional information on the activity topic. When appropriate, have students extend their research to include important concepts contained in these Web sites.

Oral Piercing and Health

http://www.ada.org/prof/resources/pubs/jada/patient/patient_04.pdf

Tattoos and Permanent Makeup

<http://vm.cfsan.fda.gov/~dms/cos-204.html>

Tattoos, body piercings, and other skin adornments

<http://www.aad.org/public/Publications/pamphlets/tattoo.htm>

Tips to Consider When Obtaining a Tattoo or Piercing

<http://www.asds.net/Media/do-dont/media-do-dont-tattosandpiercings.html>