

Body Beautification Checklist

Tattooing, Piercing, Esthetics, Permanent Cosmetics (aka 'micro pigmentation')

Thinking about getting a body piercing, tattoo, manicure/pedicure, or permanent cosmetics? Like HIV, both hepatitis B and C can be spread by direct contact with the blood of an infected person. Because piercing, tattoo equipment and inks, and manicure/pedicure tools can come into contact with blood, and since there's no way to know whether the person ahead of you was infected, it is crucial to ensure your service provider takes the proper infection control precautions between clients. Hepatitis B can be prevented by vaccine, but there is no vaccine for hepatitis C.

To help ensure that a decorated body is the only thing you walk away with, here are a few simple steps you can take:

Before:

Inquire about:

- The staff's knowledge of hepatitis and HIV transmission risks
- Whether the business uses an autoclave machine for sterilization between each client and whether it is regularly tested and serviced: Only an autoclave will kill the virus that causes hepatitis.



During:

- Ensure the location is clean and clearly set up for the stated purpose.
- Ensure the staff:
 - Wear clean outer clothing
 - [Wash hands](#) with soap and warm water before and after each procedure (or use waterless hand cleaner)
 - Wear surgical gloves whenever there is a possibility of contact with blood, body fluids/tissues
 - Wear aprons or other protective clothing whenever there is a possibility of blood contact with clothing
 - Work on surfaces that are made of smooth and non-porous materials.
 - Clean all surfaces with a solution of bleach and water.
 - Use an autoclave machine for sterilization of tools and equipment between each client
 - Dispose of all contaminated sharp objects in an appropriate puncture-proof container



- Dispose of all contaminated protective equipment in an appropriate container marked for bio-hazardous waste
- For tattooing and permanent cosmetics: use new single-use needles and fresh ink/dyes every time
- For body piercing: use new surgical steel or gold single-use needles (*Piercing can be done with silver but infection/oxidation is easier to avoid with surgical steel or gold.*)

After:

- If you get any kind of infection or adverse reaction, see a doctor as soon as possible and tell them which procedure you had done and when.

For more information on safety procedures for tattooing and piercing, visit Health Canada's website http://hc-sc.gc.ca/iyh-vsv/life-vie/tat_e.html For more information on liver health, contact Liver Canada at 1-800-563-5483 or visit www.liver.ca