

Body Piercing, Tattoos, and Inserts!

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Body Painting

Body Ornammentation

Body Modification and Scarification/ Branding

Body Piercing

Jewelry

- Materials for piercing should be surgical-grade stainless steel, niobium, titanium, solid 14k or 18k gold, solid platinum, or dense, low-porosity plastic, such as Tygon [do not use nickel; this is often a cause of allergic reactions]

“Metal body jewelry will result in an opaque density on x-rays but will otherwise not affect visibility in radiographic examination. Nipple piercings are unlikely to obstruct visibility of any pathology on thoracic x-rays if both frontal and lateral views are taken.

Appropriate metal body jewelry is not magnetic, and as such, does not need to be removed for MRI procedures unless it is located in the region being examined. Gold jewelry is much more thermal-conductive than steel” (Association of Professional Piercers, www.safepiercing.org)

- Piercing guns should NOT be used – they are difficult to properly sterilize
- Should be specific for the site pierced
- Should be sterile
- Should not be too tight; must allow blood flow
- Must be at a certain depth to avoid being rejected
- Barbells, curved barbells, captive bead ring, studs, stretching tapers/grommets

Piercing Terminology

Lip:

Madonna (above or below lip to one side)

Medusa (above or below lip in center of face)

Penile Piercings

Ampallang (horizontal through head of penis)

Apadravya (vertical through head of penis)

Guiche (between rectum and testicles)

Hafadas (testicles)

Prince Albert (through urethra and out through head of penis)

Body Surface Piercing (Rejected in 8 days)

Secretions: These are normal from piercings, as long as they are not copious, malodorous, or green. They may form a crust on the piercing

Piercing Aftercare

Clean with mild antibacterial or antimicrobial liquid soap twice a day; may also use saline

[Do NOT use hydrogen peroxide or alcohol]

For head and neck: healing time 6-8 weeks

Use Bactine on a cotton swab to remove all discharge from piercing and then slowly rotate piercing

Clean the piercing in the shower last

Avoid touching jewelry, or having contact with hair, make-up, swimming pools

For below the neck: healing time 6 months to 2 years

Use Bactine as above 2-3 times/day

Use liquid antibacterial soap and gently remove discharge that has hardened [for crusted piercings, fill 'shot' glass with hot saline and suction it onto the piercing for 5-10 minutes to loosen tissue and remove crusts and discharge]

Avoid contact with saliva, body fluids, touching, immersing in pools or baths, and tight clothing that can pull on the piercing and prevent air circulation.

NOTE: Piercings heal from the outside in, so tissue is fragile inside, even though it feels healed

NOTE: If an infection is present at the site, leave the piercing in

(warm compresses, antibacterial wash, topical crème)

Contraindications to Piercing

Heart condition, especially r/t valves [bacterial endocarditis]

AHA recommends prophylactic antibiotics before receiving a piercing or etching

Hemophilia

Immune deficiency

Skin conditions

Aftercare guidelines for Oral Piercings

(Association of Professional Piercers)

Solutions:

Tech 2000 diluted with distilled or bottled water (not tap water)

Biotene or other alcohol-free antimicrobial or antibacterial mouth rinse diluted half strength

Normal saline(1/4 tsp non-iodized salt to 8 oz warm water

[Lysterine is no longer recommended because it contains alcohol which can irritate the area and delay healing]

Rinse mouth for 30-60 seconds after meals until piercing is healed (4-6 weeks)

Care for the first few days:

- Suck on ice to reduce swelling (3-5 days) [if swelling interferes with eating, eat baby food
- Sleep propped on pillows to decrease swelling
- Take Ibuprofen for pain
- Avoid aspirin, caffeine, and alcoholic beverages as well as spicy/salty/acidic/ hot foods and beverages
- Chew off to the side to avoid biting jewelry

Use a new toothbrush to decrease bacteria in the mouth

If plaque forms on bottom ball, scrub with soft bristled toothbrush gently

After swelling subsides, have smaller bar inserted.

Avoid oral sexual contact during the entire period of healing

Avoid chewing on gum, fingernails, etc.

Smoking increases risks and can lengthen healing time

Do not play with the piercing

If a ball breaks or is lost, use a clean eraser tip

TATTOOS

Pigments are mostly from metallic salts

(iron dioxide, titanium dioxide, black India ink, synthetic organic dyes)

Keep record of color name and pigment lot number

Pigments are not regulated by FDA; safety has not been established

Self applied: use charcoal, soot, mascara, or carbon

Post-Tattoo Care (for 7-14 days)

- Bandage for first 2-12 hours only
- Wash gently with mild soap and warm water (do not use washcloth until completely healed); pat dry; air dry for 10 minutes
- Apply polysporin/ bacitracin/ A&D sparingly for 3-14 days a few times per day (observe for allergic reaction to antibiotic creams [weeping tattoo]
 - DO NOT USE PETROLEUM JELLY (drains the color from a tattoo) OR ALCOHOL (interferes with healing)
- Some recommend that after the 3rd day, a fragrance-free lotion or cream be applied tid (after washing one's hands)[Keri, Lubriderm, Curel, Jergens, Vaseline Intensive Care] The goal is to prevent scab formation.
- Do not scratch or pick at scabs; Do not slap tattoo when it itches
- Do not let clothes catch or rub on scabs; wear loose clothing to allow it to breathe
- Avoid direct sunlight; USE SUNSCREEN
- Do not soak tattoo in water (bathing or swimming) for 2 weeks until healed
- Profuse sweating may also interfere with healing

- Do not shave area until completely healed

Tattoos and MRIs

Skin burns (second degree) are rare but do occur, especially when iron oxide is used as the pigment

Some metallic substances may cause artifacts on MRI, but may not affect patient

Apply cold compresses

Allergic Reactions:

More common to certain brands of red and green.
(pruritic, vesicular, oozing)

Re-tattoo with empty needles to allow dye to ooze out.

BODY MODIFICATION

Nose jobs/ breast implants/ breast reduction/ tummy tuck/ face lift/ hair implants

Branding – controlled burning or cauterizing of tissue to encourage intentional scarring

Scarification – cutting or removal of dermis with the intent to encourage intentional scarring or keloiding

Tongue Splitting/ bifurcation (banned in the military)

Subdermal implants

- Technically transdermal implants include ports, insulin pumps, g-tubes
- Balls or rods of surgical grade stainless steel, pearls, plastics, silicon, teflon, titanium
 - Pearling
 - Genital beading
- Microthin metal shapes (stars/ hearts) underneath sclera of eye (Netherlands)