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## EDUCATIONAL INFORMATION AND AFTERCARE INSTRUCTIONS

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### Educational Information and Aftercare Instructions for Tattoos, Including Eyebrows

The aftercare instructions for "tattooing" as determined by the Board of Barbers and Hairdressers, must be provided to clients in accordance with AS 08.13.215.

#### At a minimum, aftercare instructions for tattoos must advise clients to

1. leave the moisture barrier covering on overnight; remove in the morning and wash tattoo with mild soap and warm water;
2. gently massage lotion or ointment into the tattoo 6 times a day for at least 10 days and to not wear tight clothes, elastic, nylons, or panty hose for 2 weeks;
3. not get the tattoo wet for one week except for a daily gentle wash (short showers only); no bathing, hot tubs, or swimming;
4. keep tattoo out of the sun for 3 weeks;
5. be aware that tattoo will peel like a sunburn in 2-5 days.

#### All tattoo aftercare instructions must

1. advise client to consult a physician at the first sign of infection;
2. contain the name, address and telephone number of the shop where the procedure was performed. The aftercare form shall be signed and dated by the client and practitioner, and the practitioner shall keep the original and provide a copy to the client.

### Educational Information and Aftercare Instructions for Body Piercing

The aftercare instructions for "body piercing" as determined by the Board of Barbers and Hairdressers, must be provided to clients in accordance with AS 08.13.215.

#### Piercing of the Navel

#### At a minimum, aftercare instructions for piercings of the navel must advise clients to

1. wash their hands before cleaning the new piercing and to never touch the piercing without washing their hands;
2. clean the new piercing once daily;
3. use warm water and a cotton swab and remove any matter that may have dried on the jewelry and around the openings of the piercing;
4. use an antibacterial soap;
5. every night use a cotton swab and remove any crusty matter (to prevent infection);
6. be aware that excessive cleaning can cause problems;
7. not enter a hot tub for three months without the use of a waterproof barrier.

## Piercing of the Nostril, Eyebrow, Ear Cartilage, or Septum

### **At a minimum, aftercare instructions for piercings of the nostril, eyebrow, ear cartilage, or septum must advise clients to**

1. wash their hands before cleaning the new piercing and to never touch the piercing without washing their hands;
2. thoroughly clean new piercing once daily;
3. use warm water and a cotton swab and remove any matter that may have dried on the jewelry and around the openings of the piercing;
4. use an antibacterial soap on the jewelry and piercing, lather it up then work the jewelry back and forth at least 6 times; leave the cleaning agent in contact with the piercing approximately 3 minutes;
5. rinse off the agent thoroughly under running water, again working the jewelry back and forth at least 6 times; be aware that any cleaning agent left on the skin or in the piercing can cause problems.

### **All body piercing aftercare instructions must**

1. advise client to consult a physician at the first sign of infection;
2. contain the name, address, and telephone number of the shop where the procedure was performed. The aftercare form shall be signed and dated by the client and practitioner, and the practitioner shall keep the original and provide a copy to the client.

## Piercing of the Tongue and Lips

### **At a minimum, aftercare instructions for piercings of the tongue must advise clients to**

1. wash their hands before touching the piercing and to never touch the piercing without washing their hands;
2. not to have any oral contact for at least four weeks, including wet kissing and oral sex without a barrier;
3. not to play with the new piercing outside of their mouth for at least one month;
4. rinse with a 50 percent diluted mouthwash every time they eat, drink, smoke, etc.; tighten balls on barbells before and after eating;

### **At a minimum, aftercare instructions for piercings of the labret or lip must advise clients to**

1. wash their hands before touching the piercing and to never touch the piercing without washing their hands;
2. clean new piercing once daily;
3. use warm water and a cotton swab and remove any matter that may have dried on the jewelry and around the openings of the piercing;
4. use an antibacterial soap on the jewelry and piercing, lather it up then work the jewelry back and forth at least 6 times; leave the cleaning agent in contact with the piercing approximately 1 minute;
5. rinse off the agent thoroughly under running water, again working the jewelry back and forth at least 6 times; any cleaning agent left on the skin or in the piercing can cause problems.

### **All body piercing aftercare instructions must**

1. advise client to consult physician at first sign of infection;
2. contain the name, address and telephone number of the shop where the procedure was performed. The aftercare form shall be signed and dated by the client and practitioner, and the practitioner shall keep the original and provide a copy to the client.

## Body Piercing of the Nipples and Genitals

### **At a minimum, aftercare instructions for piercings of the nipple must advise clients to**

1. wash their hands before cleaning the new piercing and to never touch the piercing without washing their hands;
2. thoroughly clean the new piercing once daily;
3. use warm water and a cotton swab and remove any matter that may have dried on the jewelry and around the openings of the piercing;
4. use an antibacterial soap on the jewelry and piercing, lather it up then work the jewelry back and forth at least 6 times; leave the cleaning agent in contact with the piercing approximately 3 minutes;
5. rinse the agent off thoroughly under running water, again working the jewelry back and forth at least 6 times; any cleaning agent left on the skin or in the piercing can cause problems;
6. every night use 2 cotton swabs and remove any crusty matter (to prevent infection).

### **At a minimum, aftercare instructions for piercings of the genitals must advise clients to**

1. wash their hands before cleaning the new piercing and to never touch the piercing without washing their hands;
2. thoroughly clean the new piercing once daily;
3. use warm water and a cotton swab and remove any matter that may have dried on the jewelry and around the openings of the piercing;
4. use an antibacterial soap on the jewelry and piercing, lather it up then work the jewelry back and forth at least 6 times; leave the cleaning agent in contact with the piercing approximately 1 minute;
5. rinse the agent off thoroughly under running water, again working the jewelry back and forth at least 6 times; any cleaning agent left on the skin or in the piercing can cause problems;
6. every night use 2 cotton swabs and remove any crusty matter (to prevent infection).

### **All body piercing aftercare instructions must**

1. advise client to consult physician at first sign of infection;
2. contain the name, address and telephone number of the shop where the procedure was performed. The aftercare form shall be signed and dated by the client and practitioner, and the practitioner shall keep the original and provide a copy to the client.

## **Educational Information and Aftercare Instructions for Permanent Cosmetic Coloring**

The aftercare instructions for “permanent cosmetic coloring” as determined by the Board of Barbers and Hairdressers, must be provided to clients in accordance with AS 08.13.215.

### **At a minimum, aftercare instructions for the permanent cosmetic coloring process of applying eyeliner must advise clients to**

1. wash their hands before cleaning new cosmetic tattoo and to never touch the cosmetic tattoo without washing their hands;
2. not rub, scratch, or pick at their eyes; let any residual pigment come off naturally;
3. wash their cosmetic tattoo with water several times the first day and then mornings and evenings thereafter; rinse thoroughly and pat dry with a clean soft towel;
4. with clean hands or a cotton swab apply a light coat of ointment after each cleansing; gently rub ointment without applying a thick layer and do not use petroleum jelly, Vaseline, alcohol or peroxide;
5. not expose cosmetic tattoo to direct sunlight or tanning lights for two weeks;
6. not swim, sauna, steam, hot tub or bathe in a tub until peeling has stopped;
7. not apply make-up for the first 72 hours after the application of the last eyeliner procedure and to use a new tube of mascara after all the eyeliner procedures have been completed.

### **At a minimum, aftercare instructions for the permanent cosmetic coloring of lips must advise clients to**

1. wash their hands before cleaning new cosmetic tattoo and to never touch the cosmetic tattoo without washing their hands;
2. not rub, scratch or pick at their lips; let any residual pigment come off naturally;
3. with clean hands gently tap aftercare ointment on your cosmetic tattoo throughout the day and do not let the cosmetic tattoo dry out; do not use petroleum jelly, Vaseline, alcohol or peroxide and do not rub tattoo as it may pull out pigment before lips have had a chance to heal;
4. not expose cosmetic tattoo to direct sunlight or tanning lights for two weeks;
5. not swim, sauna, steam, hot tub or bathe in a tub until peeling has stopped.

### **All permanent cosmetic coloring aftercare instructions must**

1. advise client to consult physician at first sign of infection;
2. contain the name, address and telephone number of the shop where the procedure was performed. The aftercare form shall be signed and dated by the client and practitioner, and the practitioner shall keep the original and provide a copy to the client.

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In accordance with AS 08.13.215(c)(1), the owner of a shop for tattooing and permanent cosmetic coloring or for body piercing shall prominently display a copy of the statement provided by the board under AS 08.13.030(b) that advises the public of the health risks and possible consequences of tattooing and permanent cosmetic coloring or body piercing, as applicable; the names, addresses, and telephone numbers of the division of occupational licensing, Department of Community and Economic Development, and the Department of Environmental Conservation and a description of how a complaint about the shop or a practitioner in the shop may be filed with either entity or with the board.

The following statement must be "prominently displayed" in each establishment where tattooing and permanent cosmetic coloring or body piercing is performed:

**INFORMATION REGARDING POTENTIAL HEALTH RISKS AND OTHER INFORMATION**

Any procedure that punctures the skin increases the risk of pain, bleeding, infection, and scarring. If a practitioner of tattooing and permanent cosmetic coloring or body piercer follows appropriate cleanliness procedures, uses good technique, and the client practices proper aftercare techniques, these risks are minimized.

To file a complaint against a practitioner of tattooing and permanent cosmetic coloring or a practitioner of body piercing or against a shop owner of a tattooing and permanent cosmetic coloring establishment or body piercing establishment, contact:

Department of Community and Economic Development  
Division of Occupational Licensing  
Attn: Investigative Unit  
550 W 7<sup>th</sup> Avenue, Suite 1500  
Anchorage, AK 99501-3567  
(907) 269-8160

To file a complaint regarding the health and sanitary conditions of shops where tattooing and permanent cosmetic coloring or body piercing are performed, contact:

Department of Environmental Conservation  
Division of Environmental Health  
555 Cordova Street  
Anchorage, AK 99501  
(907) 269-7644