

Piercings & Tattoos



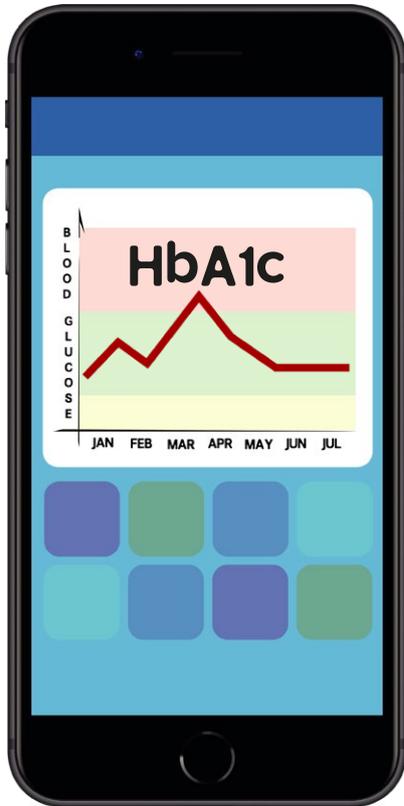
If you are thinking about getting a piercing or tattoo, talk to your Diabetes Team first to check if they have any advice.



Getting a tattoo or piercing can be painful which may cause your blood glucose to fluctuate.



During the procedure take a break if you need to.



Your HbA1c needs to be as good as possible to help with healing and to prevent the risk of getting an infection.



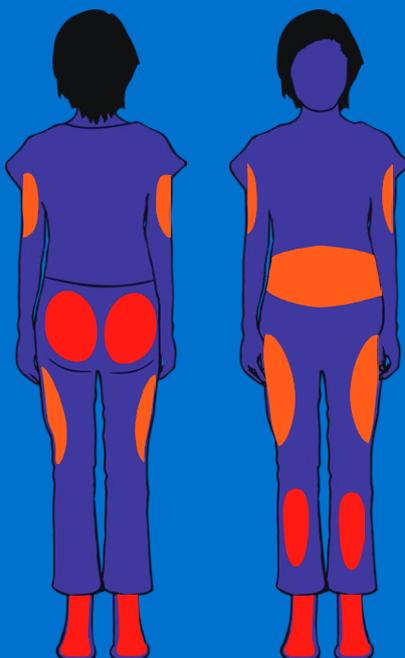
Take hypo treatments with you in case your blood glucose levels go low.



It is best to avoid areas where you usually inject insulin or wear a sensor, such as arms, stomach & thighs, so you can see properly, if any site infections or lumps are developing in these areas.

Areas at risk of poor circulation

**Bottom
Shins
Ankles
Feet**



Areas where you inject insulin or wear a sensor

**Arms
Stomach
Thighs**

Certain areas of the body are best avoided as there is a risk of poor circulation such as bottom, shins, ankles & feet.

Unhygienic environments can cause infections and illnesses which make managing T1D more difficult.

Always use a licensed tattooist or piercer, look for recommendations if you can.



Choosing a safe and hygienic studio is very important.

Keep a close eye on your blood glucose levels afterwards too, a rise could mean a sign of infection.

If you feel unwell contact your GP straight away.



More resources can be found in the DigiBete app or on the DigiBete website www.digibete.org

