



## *tattoos and diabetes*

*Having diabetes doesn't mean that you can't have a tattoo. But, you will be less likely to have complications if your blood sugar levels are in a healthy range.*

### *Quick Facts:*

- Monitor your blood sugar levels carefully before and after getting a tattoo.
- Avoid getting a tattoo in areas of poor circulation or common insulin injection sites.
- Let your tattoo artist know about your diabetes.
- Clean it well to avoid infection.

## ? How Do Your A1C Levels Affect Your Decision?

The strain of getting a tattoo on your body is often worse for a person with diabetes. You can reduce the chances of infection or other complications if your blood glucose is in a healthy range.

If your last couple of A1C tests were under 8%, and you don't have any neurological problems, heart disease, or kidney damage...

...getting a tattoo should be safe as long as you keep it clean and keep your blood glucose levels in range. Your body shouldn't have any trouble healing the tattoo as long as you take good care of it.

However, if your last few A1Cs were 9% or over, or if you're experiencing any neuropathy, circulation, or kidney problems...

...getting a tattoo could lead to complications. When your tattoo can't heal quickly, it becomes a playground for bacteria and can lead to infection and eventually gangrene.



## Placement

Tattoos can be applied to nearly every part of the body. For people with diabetes, there are certain areas that should be avoided including those with poor circulation, such as:

- Lower legs and buttocks
- Shins
- Feet and ankles
- Common insulin injection sites such as arms, abdomen and thighs.

Tattoos in these places usually take longer to heal, which can lead to complications.