

TATTOO

FACT SHEETS

What about Pain and Blood?



Probably the biggest obstacle people face when getting a tattoo is the fear of pain and the sight of blood. Is there pain and blood when getting a tattoo? Yes to both, but probably a lot less than you would think there would be.

The tattoo needle only penetrates the dermis—the second layer of your skin. The way the tattoo machine works is by quick short bursts (from 50 to 3,000 times a minute) of the needle. Compare this to a shot of medicine that is injected much deeper into a muscle or a vein.

The fear of pain is most likely because of the thought of a needle penetrating the skin. There are two types of needles that are used for tattooing:

- Outlining – needles are in circular groups also called liners
- Shading – groups of needles in flat rows used for shading are called magnums or mag

You should never get drunk or high when getting a tattoo. This could lead to making unsafe choices and might even impair the way your body heals the tattoo. Besides most artists will refuse to tattoo you if you are high, plus alcohol will thin the blood and make you bleed more.



Remember, the pain is temporary.

As soon as the needle stops, so does the pain.

Everyone deals with pain differently. Most people who get a tattoo say that it initially feels like they are being lightly stuck with a needle, but the more the tattoo machine is used the less pain people usually feel. Getting a tattoo on certain parts of the body, however, tend to be more painful—under the arms, neck, chest or the breast area. In regards to blood there is actually very little and your artist will wipe it down frequently.

Tips to deal with pain and blood:

- Look away so you don't see the machine or blood
- Try deep breathing through the pain
- Listen to music
- Bring a friend to sit with or hold your hand
- Eat a light snack before your appointment

Finding your inner strength and calmness will help get you through to your goal.

Breathe

