

MotherToBaby Georgia Monthly



GETTING A TATTOO WHILE PREGNANT OR BREASTFEEDING IS IT SAFE?



A tattoo can be a wonderful way to commemorate an event, remember something or someone special, or just to celebrate your unique style. Many people ask us-is getting a tattoo during pregnancy or breastfeeding safe? The answer is a little complicated. There are no studies on tattoos during pregnancy or breastfeeding, so most of the information we provide is based on the little we know about tattoos in general and some plain common sense.

The first thing to think about before you ink is that the Food and Drug Administration doesn't check the safety of tattoo ink. That means these inks could have ingredients that are not safe and no one would know! Some people have gotten rashes, bumps or other reactions to tattoo ink.

Even though most experts agree that very little tattoo ink should get into your bloodstream, we aren't

sure what effect even a little tattoo ink would have on a developing baby. We also aren't sure how much tattoo ink can get into breast milk or how it would affect a breastfeeding baby.

If you decide to ink, there are some things that you can do to lower the risks of problems for you and your baby. First, only get tattoos from a clean, reliable, tattoo parlor. These places should never share needles and should use disinfectant and other safety measures to lower the risk of infections like Hepatitis and HIV. Avoid home tattoos or piercings. Make sure to care for your tattoo as instructed to avoid infection.



Have questions about tattoos or other exposures?

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