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## First tattoo ideas

Marie Killen/Getty Images Tattoos can be beautiful, meaningful, sentimental. They are also permanent. And they're not for everyone. Is a tattoo a good gift? If the person you are donating already has ink, and/or spoke explicitly and seriously about wanting it, then yes, it can be a great gift. Even people who casually talk about getting a tattoo may not be ready for one, so be absolutely sure they're serious. If not, hold on to something a little safer —say, a luxurious facial oil that doesn't normally squander for themselves, or even high-quality fake ink from a company like Inkbox. If you decide to give the gift of a tattoo, cool. This is a unique and special gift that literally lasts forever. Your loved one will never forget. Since it's so important, here's what you need to consider. Choosing the right store and tattoo artist is crucial, not only because you need to make sure it's a professional, reputable and clean business, but also that the artist is the right fit for your gift and what they have in mind for a design. Tattoo artists each have their own unique style and approach, so it's a good idea to be selective. Because of all this, it's probably best not to jump the gun and give a gift voucher to a particular store—unless you're a tattoo aficionado and know a top-notch place, or your gift already has a store and artist they love. In that case, a gift card gets you one step closer to the fun part: getting the tattoo. Otherwise, give your loved one the option to choose the store and artist for themselves. Getting a tattoo is a great decision that requires thoughtful planning and consideration. Instead of a gift card, you may want to design a special card that reveals what your gift is. Then you can move on by searching the options together. Gifting a tattoo can be very exciting, but it's not a race to the finish line. Give your loved one the time, space and freedom to choose a project on their own. If they're open to you to show them inspiration, look at magazines, Pinterest or Instagram, and send it your way. Whatever you do, resist the urge to make any decision for them, even if they ask. You should never be responsible for deciding what will be permanently engraved on someone else's body. Taking things slowly also gives your donor a chance to change his mind about wanting a tattoo altogether. All right, don't push them to move on if they don't want to. This is your gift, so it's great if you're able to be there for the real tattoo (if that's what your gift wants). Especially if this is their first ink, they might appreciate some support and maybe a hand to A tattoo is a very daring gift—a gift that keeps giving. Don't be presumptuous if you don't know what your loved one wants for sure. No returns or exchanges. Ink ink box Ink shop \$20 \$15 If your gift is interested in exploring the world of tattoos, but not fully committed to an idea for a permanent design, consider going fake. Inkbox makes beautiful fake tattoos using long (but temporary) ink for now that remains on the skin for up to two weeks. The coolest part? The brand regularly partners with amazing artists such as Mira Mariah of Girl Knew York (best known for Ariana Grande's most memorable tattoos) and Brittany Randell of Humblebee Tattoo. There is also a freehand ink tool that allows your giftee to draw your own design, and an option for custom tattoos. Next, your guide to tanning and tattoos. Dmitriy Nushtaev/Unsplash There are some circumstances in which a person really shouldn't be tattooed — at least not yet. If you find any of the things on this list are concerns, you may want to wait. 10 of 10 If you are not old enough to enter a professional store and get a tattoo legally, and your parents/guardians do not (or cannot) give consent so that you can do it legally, then your only option is to do so for some scratch or do it yourself. This has become particularly common because tattoo guns are more easily purchased online. Still, both tattoo methods can lead to serious infections or ailments—and the tattoo you get is certainly not going to be worth it. 09 out of 10 If the tattoo you want costs twice the money you have, don't just get a cheaper tattoo. Often, people change artist just to find someone who will make it cheaper, and the results end up very bad. If you want a little flash tattoo, that's one thing. But if you want a large and detailed piece, wait and save. When it comes to body art, you shouldn't be looking for a bargain. 08 out of 10 If you're not absolutely sure about the tattoo design you want to get—or if you've only been absolutely sure for a few days after changing your mind several times before—you're not ready to get that particular tattoo yet. Let it marinate, and think if you want this design on your skin for the rest of your life. Otherwise, there's a good chance you'll end up regretting it later. 07 out of 10 Symbols may look beautiful, but there are sites dedicated to making fun of people who were tattooed in a foreign language who could not read because the translation clearly was not what the person wanted. This very notably happened to Ariana Grande, so if you think you're above it and go for a more professional artist—don't. It happens all the time; Don't let that happen to you. It also brings up questions about cultural appropriation if you plan to get tattoos with symbols next to a with your affiliation. There is no reason for this, particularly in cases of religious symbols. Learn the difference between valuation and appropriation before you arrive permanently in your body. 06 out of 10 Getting a tattoo is a very big decision for most people, and should not be the result of pressure from colleagues. Don't make bets that end up with someone getting a tattoo, and don't let anyone press or force you to get something you don't want. It's your body, your life, and you're the only one who has to live with it and see it every day. This goes for relationship and friendship tattoos, too. As long as most don't last, a tattoo definitely will, and anyone worth having in your life won't pressure you to get a tattoo that you're not comfortable with. 05 out of 10 If you're thinking about it, it looks like you may already subconsciously regret your tattoo. Getting a tattoo with the mindset that you can just remove it if you decide you don't like it later, it's like marrying the mindset that you'll just get divorced if you're not feeling it. If you're not in it for the long haul, or you're on the fence, don't commit to anything. 04 of 10 name tattoos are a risky choice, especially when it's someone you're involved with. Relationships end, and if that happens, you're still stuck with a permanent reminder of a failed engagement. You'll have to cover it up, or maybe even removed. If you are not completely committed and in a lasting relationship, a name tattoo is a bad idea. 03 of 10 Some health problems can cause serious problems during the healing process of a tattoo. Diabetes, heart problems and circulation problems are just a few that can make simple tattooing very dangerous. The same goes for blood-thinning medications, and/or those that could interfere with successful pigment implantation. It is also possible to have an allergy to tattoo ink, so if you think this may be possible, it is best to talk to an artist before putting needle in the skin. 02 of 10 You cannot legally be tattooed under the influence of drugs and/or alcohol, but it is in your interest to stay sober anyway. yes, people make stupid decisions when drunk, but that's not even the worst reason. Alcohol thins the blood, which would make a messy tattoo that would have difficulty healing. In a few, it's not a recipe for success. 01 of 10 Being tattooed at a party or during a fun event may seem exciting, but it's usually just a recipe for disaster. It is rarely hygienic—even if it looks clean, there are sanitation procedures needed in professional tattoo studios. The same procedures are not necessary at your friend's house. If you have no idea who the artist is, what their qualifications are, how clean they are or what external elements you can be exposed to, it's a Idea. Temporary tattoo artists, who are here one day and are gone the next, have no responsibility for the safety of their clients or for the result of their tattoos. You better go to someone you know and trust. Many Many choose to undergo tattooing in its various forms. Whatever your reason, consumers should be aware of the risks involved in making an informed decision. What are the risks involved in tattooing? The following are the primary complications that may result from tattooing: Infection: Non-sterile tattoo equipment and needles can transmit infectious diseases such as hepatitis. The risk of infection is the reason why the American Blood Bank Association requires a one-year wait between getting a tattoo and donating blood. It is extremely important to ensure that all tattoo equipment is cleaned and sterilized prior to use. Even if the needles are sterilized or have never been used, it is important to understand that in some cases the equipment containing the needles cannot be reliably sterilized due to their design. In addition, the person receiving a tattoo should be sure to properly take care of the tattooed area during the first week or so after the injection of the pigments. Removal problems: Despite advances in laser technology, removing a tattoo is a thorough process, usually involving various treatments and considerable expenses. Complete removal without scarring may be impossible. Allergic reactions: Although allergic reactions to tattoo pigments are rare, when they happen they can be particularly problematic because pigments can be difficult to remove. Occasionally, people may develop an allergic reaction to tattoos they have had for years. Granulomas: They are nodules that can form around material that the body perceives as foreign, such as tattoo pigment particles. Keloid Formation: If you are prone to developing keloides, scars that grow beyond normal limits, you run the risk of keloides forming from a tattoo. The loloides can form whenever you injure or traumatize your skin. Magnetic resonance imaging complications: There have been reports of people with tattoos or permanent makeup who suffered swelling or burning in the affected areas when undergoing magnetic resonance imaging (MRI). This seems to occur only rarely and seemingly without lasting effects. There have also been reports of tattoo pigments interfering with image quality. This seems to occur mainly when a person with permanent eyeliner undergoes MRI of the eyes. Mascara can produce a similar effect. The difference is that the mascara is easily removable. The cause of these complications is uncertain. Some theorized that result from an interaction with the metallic components of some pigments. However, the risks of avoiding an MRI when your doctor recommended one will likely be much higher than the risks of complications of an interaction between MRI and tattooing permanent makeup. Instead of avoiding an MRI, individuals who have tattoos or permanent makeup should inform the radiologist or technician of this fact to take appropriate precautions, avoid avoiding and ensure the best results. The Most Common Problem: Dissatisfaction: The most common problem that develops with tattoos is the desire to remove them. Removing tattoos and permanent makeup can be very difficult. Skill levels vary widely among people who perform tattoos. You may want to ask the person performing the procedure for referrals and wonder how willing you are to permanently risk using someone else's error. Although tattoos can be satisfying at first, sometimes they disappear. In addition, if the tattoo artist injects the pigments too deeply into the skin, the pigments can migrate beyond the original locations, resulting in a blurry appearance. Another cause of dissatisfaction is that the human body changes over time, and styles change with the season. Permanent makeup that may have seemed flattering when first injected may later collide with changing skin tones and facial or body contours. People planning to have facial plastic surgery are warned that the appearance of their permanent makeup may become distorted. The tattoo that looked elegant at first can get dated and embarrassing. And changing tattoos or permanent makeup isn't as easy as changing your mind. Removal techniques: Methods to remove tattoos include laser treatments, abrasion, scarification and surgery. Some people try to camouflage a objectionable tattoo with a new one. Each approach has disadvantages: laser treatments can lighten many tattoos, some more easily and effective than others. Generally, multiple visits are required over a period of weeks or months, and treatments can be expensive. Some individuals experience hypopigmentation, a whitening of the natural skin coloration, in the affected area. Laser treatments can also cause some tattoo pigments to change to a less desirable shade. Unfortunately, knowing what pigments are in your tattoo or permanent makeup has always been difficult and has become more like the variety of tattoo inks has multiplied. Paints are often sold only by the brand, not by chemical composition. Because pigments are sold to tattoo artists and beauty salons, not in retail to consumers, manufacturers are not required by law to list the ingredients on labels. Furthermore, because manufacturers may consider the identity and note of their proprietary pigments, neither the tattoo artist nor the customer may be able to obtain this information. There have also been reports of individuals suffering allergic reactions after laser treatments to remove tattoos, apparently because the laser caused allergenic substances in the tattoo ink to be released into the body. The dermabrasão involves the abrade of layers of skin with a wire brush or fraise (a type of sanding disc). This process itself can leave a scar. Salabrasion, in which a salt solution is used to remove the pigment, is sometimes used in conjunction with dermabrasion, dermabrasion, has become less common. Healing involves removing the tattoo with an acid iced solution and creating a scar instead. Surgical removal sometimes involves the use of tissue expanders (balloons inserted under the skin, so that when the tattoo is cut, there are fewer scars). Larger tattoos may require repeated surgery for complete removal. Camouflage a tattoo implies injecting new pigments to form a new pattern or cover a tattoo with pigments in skin tones. Injected pigments tend not to look natural because they do not have the natural translucency of the skin. Sources: IMAGES PROVIDED BY: REFERENCES: Medically reviewed by John A. Daller, MD; American Board of Surgery certified subspecialty in critical surgical care July 13, 2017 Servings of the above information were provided with the gentle permission of the U.S. Food and Drug Administration. (www.fda.gov www.fda.gov).

