

Piercings & Tattoos



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



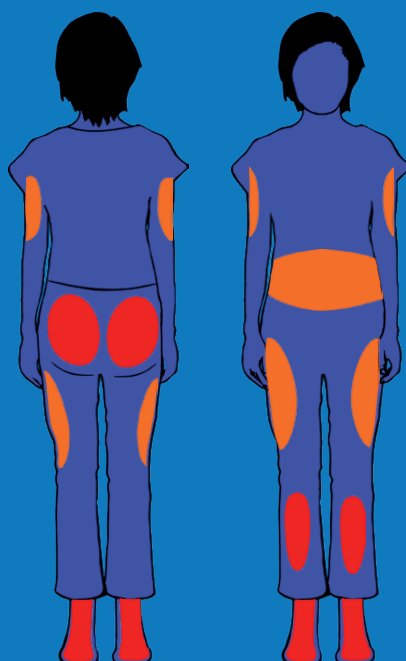
Your HbA1c needs to be as good as possible to help with healing and to prevent the risk of getting an infection.



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.

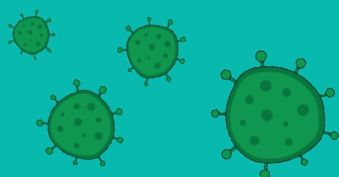
Unhygienic environments can cause infections and illnesses which make managing T1D more difficult.



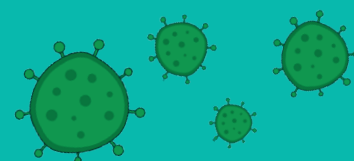
Always use a licensed tattooist or piercer, look for recommendations if you can.



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.