

TATTOO PREP SHEET



- MOISTURIZE YOUR SKIN WITH BODY LOTION OR CREAM
- DRINK WATER TO HYDRITIZE YOUR BODY AND SKIN

10
MORE DAYS

- AVOID SUN TANNING OR GOING TO SOLARIUM

- IF YOU ARE FEELING SICK, CANCEL THE APPOINTMENT

1
MORE DAY

- AVOID DRINKING TOO MUCH ALCOHOL, COUPLE OF DRINKS WON'T BE A PROBLEM

- REST, RELAX AND GET A GOOD NIGHT SLEEP
- TRIM THE HAIR IF NEEDED, NO NEED TO SHAVE IT, ARTIST WILL DO IT
- EAT HEALTHY AND DRINK A LOT OF WATER

**NIGHT
BEFORE**

- DON'T DRINK ALCOHOL OR USE ANY DRUGS
- AVOID USING ANY BLOOD THINNING MEDICATION IF NOT NECESSARY (FOR EXAMPLE ASPIRIN)

**APPOINTMENT
DAY**

- TAKE A SHOWER BEFORE YOUR APPOINTMENT
- EAT SOMETHING
- BRING SOME FOOD AND SNACKS IF YOU HAVE A LONGER SESSION
- WE HAVE A TV WITH NETFLIX, BUT IF THATS NOT ENOUGH, BRING SOME ENTARTAINMENT FOR YOU
- WEAR PROPER CLOTHING, SO THE ARTIST CAN EASILY REACH THE PLACE AND DONT WEAR NEW OR EXPENSIVE CLOTHES AS WE MIGHT STAIN IT

- DON'T COME IF YOU ARE DRUNK OR ON DRUGS
- DON'T TAKE ASPIRIN AS IT CAN THIN OUT YOUR BLOOD
 - DON'T TOUCH YOUR FRESH TATTOO
- DON'T BRING ALL YOUR FRIENDS WITH YOU, ONE PERSON AS A SUPPORT IS ENOUGH
- IF YOU ARE SICK, DON'T COME FOR THE APPOINTMENT