

A high level of cleanliness practiced by your artist and your pre care preparations are to ensure your safety and overall tattoo experience. Tattoo preparation and aftercare are essential to a safe and long-lasting tattoo.

How to prepare for your upcoming tattoo appointment:

1. Stay hydrated

Hydrated skin helps you to keep the muscles calm and relaxed. Drink lots of water for at least for 24 hours before your appointment. This also gives beautiful results and is easier on the skin.

2. Eat something

Eat a meal before coming to your appointment. Getting a tattoo is essentially a medical procedure, and for some people, the trauma done to your skin can cause an immune or blood sugar response. An empty stomach may cause dizziness, fatigue and lightheadedness. At the least, carry a snack for a quick bite.

3. Dress in loose clothing

The tattoo process takes time and depending on the design it may take hours. You must wear something comfortable so that you can sit with ease and convenience.

4. Don't drink alcohol

Avoid alcohol at least 24 hours before getting your tattoo. Go with a fresh and active body.

5. Change your sheets

Anything in your bed will come in contact with your tattoo and increase the chances of infection.

6. Buy a good liquid antibacterial soap in advance.

Do not use bar soap. Bar soap is not sterile and can hold bacteria to be transferred to your open wound.

7. Have a good ointment on hand – Recommended: Ink Defense - Lubriderm - Aquaphor

Applying a thin layer of ointment helps to boost the healing process. (Always wash your hands prior to adding ointment) It also always moisturizes the tattoo and eases itchiness from the healing

PROCESS. Top of Form Bottom of Form

Be informed and take care of yourself before and after your new ink.



- ✓ Eat
- ✓ Hydrate
- ✓ Be comfortable
- ✓ Wash your hands
- ✓ Be prepared
- ✓ Stay safe!!!