

Appointment Prep

- No alcohol the night before
- No tanning or sun burns
- Get a good night's sleep
- Shower
- Be hydrated
- Eat a balanced meal before
- Bring water & snacks to your appointment (no fast food please)
- Wear comfortable and appropriate clothing for the tattoo area Ex: shorts for a thigh tattoo
- Start using a good moisturizer a few days before your appointment, but don't use any immediately before our session
- I encourage you to bring things to help you relax, such as headphones and a book (I sometimes wear headphones while tattooing)

You can't get a tattoo if you are under 18 yrs old, pregnant, breast feeding, have a skin infection, weak immune system, bleeding disorders, or certain heart conditions. Always consult a doctor if you have questions on whether or not you should get a tattoo.