

Tattoo Appointment Prep

- **GET A GOOD NIGHT'S SLEEP**
- **BE HYDRATED**
- **EAT A BALANCED MEAL BEFORE**
- **BRING WATER & SNACKS TO YOUR APPOINTMENT (NO SMELLY FAST FOOD PLEASE)**
- **NO ALCOHOL THE NIGHT BEFORE**
- **WEAR COMFORTABLE CLOTHING**
- **WEAR 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**
- **NO TANNING OR SUN BURNS**
- **I ENCOURAGE YOU TO BRING THINGS TO HELP YOU RELAX, SUCH AS HEADPHONES AND A BOOK**