

PRE-TATTOO CARE

48 hours before your appointment:

- * Refrain from excess alcohol and caffeine consumption. Alcohol and caffeine thin the blood and could lead to increased bleeding during the tattoo.
- * Avoid excessive sun exposure.
- * Get plenty of sleep.
- * Stay hydrated!

Day of your appointment:

- * Eat a meal or large snack 2 hours before your appointment.
- * Change your sheets/make sure they are free of pet dander.
- * Ensure your clothing is comfortable and the area being tattooed is easily accessible.
- * Don't worry about shaving the area (we will shave for you).
- * Don't take aspirin (ibuprofen and acetaminophen are fine).
- * Hydrate!