

PREPARATION FOR YOUR TATTOO

1. LONG-TERM PREPARATION

- Take your time to find the right tattoo artist – get to know each other to see if the chemistry feels right.
- Skin health over the weeks before your session:
 - * Drink enough water
 - * Moisturize your skin regularly
 - * Use sun protection
- Medical clarification: If you are taking medication that affects your skin or blood clotting, please consult your doctor beforehand. Tattoos are not performed during pregnancy or while breast-feeding.

2. BEFORE YOUR TATTOO SESSION

- Physical preparation:
 - * Get enough sleep – 7–8 hours the night before your appointment
 - * Eat a healthy meal 1–2 hours beforehand (proteins + complex carbohydrates)
 - * Stay hydrated – drink plenty of water
 - * Avoid alcohol, drugs, excessive caffeine, and blood-thinning medication
 - * Take a shower and pay attention to good hygiene
 - * If you're sick – postpone the appointment; your body needs energy to heal

3. SKIN PREPARATION

- Clean and care for your skin: apply body lotion daily 2–3 days before your appointment, but do not use any cream on the day of your session.
- Avoid sunburn – burned skin cannot be tattooed.
- Do not shave the area to be tattooed – we'll take care of that if necessary.

4. CLOTHING & ESSENTIALS

- Wear comfortable, loose clothing that allows easy access to the tattoo area and lets you move freely.
- Bring your ID, payment method, snacks, and anything that helps you relax (e.g. your own playlist, cozy socks, pillow, etc.).

5. MEDICATION

- Cortisone: Tattooing is not possible – it affects skin condition and wound healing.
- Blood thinners (e.g. Aspirin): Tattooing is only conditionally possible – please always consult your doctor first. Never stop taking medication on your own, and inform us beforehand.
- Antibiotics: Tattooing is not possible – your body needs rest to fight infection.