

## PART 01

### PRE-APPOINTMENT

- 1. Before getting your new tattoo, hydrate and nourish your skin:** Leading up to your appointment, keep your skin well-hydrated by drinking plenty of water and using moisturizers. Healthy, moisturized skin will provide a better canvas for the tattoo artist.
- 2. Avoid Sun Exposure:** Protect your skin from excessive sun exposure starting 2 weeks before your tattoo appointment. Sunburned or tanned skin can be more sensitive and may affect the outcome of your tattoo.
- 3. Avoid Alcohol and Blood Thinners:** Refrain from consuming alcohol or taking blood-thinning medications before your appointment. These substances can increase bleeding during the tattooing process.
- 4. Get a Good Night's Sleep:** Ensure you get enough rest the night before your appointment. Being well-rested will help you relax during the tattooing process.

## PART 02

### AFTER-APPOINTMENT

Once you've got your new tattoo, proper aftercare is crucial to promote healing and prevent infection. Follow these guidelines for after tattoo care:

- 1. Follow the Artist's Instructions:** Listen carefully to your tattoo artist's aftercare instructions. They will provide specific guidance.
- 2. Keep it Clean:** Gently wash your tattoo with lukewarm water and fragrance-free soap within a few hours of getting it. Use clean hands and pat dry with a clean towel. Avoid scrubbing or rubbing the tattoo.
- 3. Apply the healing cream:** After washing, apply a thin layer of a tattoo-specific healing cream or a recommended tattoo healing cream. This will help keep the tattoo moisturized and prevent scabini.

## TIP

We sell in the studio a complete set of tattoo care creams composed of soaps and healing creams. Ask us when you are in the studio.

- 1. Avoid Scratching and Picking:** It's normal for your tattoo to itch as it heals, but avoid scratching or picking at it. Scratching can introduce bacteria and prolong the healing process.
- 2. Protect from Sun and Water ( 2 weeks after the appointment):** Avoid swimming or soaking in water for the first few weeks. Excessive exposure to sun and water can fade the tattoo and increase the risk of infection.
- 3. Wear Loose Clothing:** Choose loose, breathable clothing that won't rub against your new tattoo. Tight clothing can irritate the area and slow down the healing process.
- 4. Avoid Intense Physical Activity (2-3 weeks after the appointment):** This will help prevent irritation and allow the tattoo to heal properly. If you notice any signs of infection, such as excessive redness, swelling, or pus, consult your tattoo artist or a healthcare professional.