

# Checklist

## To prepare for the tattoo appointment



### One to two weeks before the tattoo appointment

- No sunbathing or solarium visits
- Care and protect your skin at the point to be tattooed with a moisturizing cream or lotion (sunscreen if necessary)
- No use of antibiotics, acne remedies or cortisone – in general please clarify any medication **at the earliest possible** time with the tattooist **in advance**
- Pregnancy should be excluded

### One to two days before the tattoo appointment

- No alcohol
- No drugs
- No painkillers (e.B. ibuprofen, aspirin) or other blood thinning drugs

### Immediately before the tattoo appointment

- Sleepen you enough
- Eat and drink enough
- Pack everything important (mobile phone, money, ID, something to drink, snacks... )
- Wear pressing clothes for the session. It should be loose and comfortable so that the skin area is easily accessible, and preferably dark and not too valuable, as the clothes can come into contact with tattoo color.
- Plann enough time for everything to avoid stress
- ***Look forward to your tattoo!***