Tattoo Appointment Preparation Guide

Getting tattooed is an exciting experience, and proper preparation can make your appointment smoother, more comfortable, and help your tattoo heal better. This guide covers everything you should know before, during, and after your appointment.

BEFORE YOUR APPOINTMENT

Proper preparation helps improve comfort, healing, and the overall tattoo experience.

- Get a full night of sleep before your appointment
- Eat a solid meal 1–2 hours beforehand
- Stay hydrated the day before and day of your appointment
- Moisturize your skin regularly leading up to your session
- Avoid excessive sun exposure or sunburn before your appointment
- Avoid alcohol for at least 24 hours before your session
- Avoid blood-thinning substances unless medically prescribed

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WHAT TO BRING

To make your session more comfortable, consider bringing:

- A valid photo ID
- Water or electrolyte drinks
- Snacks for longer sessions
- Headphones or entertainment
- A phone charger
- Comfortable clothing that allows access to the tattoo area
- A light jacket or hoodie (studios can get cold)

WHAT TO WEAR

Wear comfortable, loose-fitting clothing that gives easy access to the tattoo placement.

Keep in mind:
- Ink may stain clothing
- Tight clothing can irritate a fresh tattoo
- Dark-colored clothing is usually best

WHAT TO EXPECT DURING YOUR APPOINTMENT

Your artist will:

• Review and finalize your design
• Prepare and stencil the placement
• Shave and disinfect the area if necessary
• Explain the process and answer questions before starting

During the session, you may experience:
• Varying levels of discomfort depending on placement
• Vibration, pressure, and sensitivity
• Breaks during longer sessions

PAIN & COMFORT

Pain tolerance varies from person to person.

Areas over bone, ribs, hands, feet, neck, and inner arms/legs are often more sensitive.

Staying hydrated, eating beforehand, and remaining relaxed can help improve your experience.

THINGS TO AVOID BEFORE YOUR SESSION

Avoid the following before your appointment:

• Alcohol
• Excessive caffeine
• Recreational drugs
• Tanning or sunburn
• Arriving on an empty stomach
• Intense workouts immediately beforehand

AFTER YOUR APPOINTMENT

Your artist will provide aftercare instructions based on the bandaging method used.

Follow all aftercare instructions carefully to help ensure:
• Proper healing
• Better ink retention
• Reduced irritation and infection risk

RESCHEDULING & HEALTH CONSIDERATIONS

Please reschedule your appointment if you:

• Are sick or experiencing flu-like symptoms
• Have a contagious illness

• Have severe sunburn in the tattoo area
• Are currently taking antibiotics unless approved by your doctor
• Are pregnant or have medical concerns requiring physician approval

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HEALING EXPECTATIONS

Tattoo healing happens in stages:

Days 1–3: Redness and tenderness
Days 4–10: Peeling and itching
Weeks 2–4: Surface healing improves
Months 1–3: Deeper skin layers continue healing

Communication is key to a great tattoo experience. Never hesitate to ask questions before, during, or after your appointment. Your comfort, safety, and final result matter.