



Pre-Care Guide for Your New Tattoo You're getting ready for a new tattoo! To ensure your experience is the best possible and get the best results, follow these tips before your appointment:

1. Skin Preparation Hydration: Keep your skin well hydrated in the days before your appointment. Use a fragrance-free moisturizer to prevent dry or rough skin. Exfoliation: If necessary, gently exfoliate the skin in the tattoo area a day or two before to remove dead cells. Avoid doing it the same day to avoid irritating the skin.

2. General Health Hydration: Drink plenty of water to keep your skin well hydrated. Food: Eat a balanced meal before your appointment. Avoid very fatty or heavy foods.

3. Physical Preparation Rest: Make sure you get a good night's sleep the night before. Being rested helps your body handle the tattoo process. Avoid Alcohol and Drugs: Do not consume alcohol or recreational drugs at least 24 hours before your appointment, as they can thin your blood and increase bleeding during the tattoo. Avoid Aspirin and Anti-Inflammatories: Avoid taking aspirin or anti-inflammatory medications such as ibuprofen, as they can increase bleeding. Opt for paracetamol if you need a pain reliever.

4. Clothing Clothing: Wear comfortable clothing that allows easy access to the tattoo area. Make sure your clothing does not rub or it will irritate the skin in the tattoo area.

