

## PRE-TATTOO APPT GUIDE:

### DO:

- Email reference pictures to artist as soon as possible  
-It is Very Important to include name/appointment info in the subject line)
- Show up on time
- Get plenty of sleep the night before
- Shower before you come in
- Hold off on perfume/cologne
- Feel free to bring a friend for support but refrain from bringing a group
- Pre-arrange child care
- Eat a healthy meal and drink plenty of water an hour before your appt
- Allow for plenty of time, tattoo appts are not meant for a lunch break.
- Bring headphones if you want to listen to music/watch movies
- Silence your phone. If you need to make/take a call, please step outside.
- Plan ahead and bring cash
- If you cannot make it to your appt, we require 24 hours notice in advance to reschedule.
- Realize it is going to hurt

### DON'T:

- Drink alcohol or do drugs the night before or the day of your appt
- Check tobacco or vape while in the shop
- Wear your favorite clothes
- Apply lotion or any numbing product to the area that is going to be tattooed
- Bring children to the shop. It is not a child friendly environment.
- Come to your appt if you are sick or think you might be getting sick. Please be considerate of the artists and other clients health.  
Reschedule and get well!