



BLISS TATTOO

## Preparing For Your Appointment

*Yay! You've booked an appointment for a cool tattoo!*

*To make your appointment the best it can be, read the points below:*

- Remember that you cannot submerge your new tattoo in water (baths, ocean, pool, etc) for 2 weeks after the appointment. If you didn't realize this was part of the aftercare routine, please reschedule asap!
- For a few days leading up to your tattoo, moisturize the area and make sure you stay hydrated
- Eat a good, carb-heavy meal the day of your appointment
- Don't go too hard the night before the appointment - try to get lots of rest
- Show up to appointment clean/showered
- Do not show up under the influence of drugs or alcohol
- I cannot tattoo over sunburnt skin so please be careful the week before your tattoo
- Wear a mask
- Wear appropriate clothing for your tattoo placement - for some tips on what to wear [check out this awesome post](#) by my studiomate!
- Feel free to bring water and snacks to the appointment. We have snacks at the studio if you need something, too!
- Feeling anxious or nervous? I'm always available to walk you through how your appointment will go, if you'd like :)

Please never hesitate to reach out with any questions, I'm always happy to help!

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