



TATTOO PREPARATION

There are a few things that you can do to make getting tattooed a lot easier on yourself. It is of the utmost importance that you eat prior to getting your tattoo, as it is a lot harder for your body to cope with skin penetration on an empty stomach. It is also advisable to raise your blood sugar levels by ingesting some soft drink or sugared lollies.

Ensure that you have had a good nights sleep, and do not consume any alcohol, or other stimulants for 24 hours prior to receiving your tattoo. Ensure that you inform your tattooist if you are on any medication, as some medications can adversely affect the outcome of your tattoo.

It is also imperative that your skin is in optimum condition to receive your tattoo – **THAT MEANS NO SUNBURNT OR PEELING SKIN** - Skin in this condition cannot be tattooed under any circumstance.

If you are unwell for any reason, postpone your tattoo, you need to be healthy to heal a tattoo properly.

Other than that, do your best to relax, and don't hesitate to ask as many questions as you wish. It is our intention to make your tattoo experience as pleasant as possible.