

# CLIENT PREP

101



FINELINE  
—  
TATTOO

## Avoid Alcohol, Caffeine, and Blood Thinners (24-48 Hours Before)

- **No Alcohol:** Avoid consuming alcohol at least 24 hours before your appointment. Alcohol can thin your blood, which may lead to increased bleeding during the tattoo process.
- **Limit Caffeine:** Try to limit caffeine intake, as it can also increase sensitivity and bleeding.
- **Blood Thinners:** If possible, avoid aspirin or any other blood-thinning medications (unless prescribed by your doctor) 24-48 hours prior to the tattoo session.

## Moisturize and Stay Hydrated (Week Leading Up to Your Appointment)

- **Hydrate Your Skin:** Moisturize the area to be tattooed daily for a week leading up to your appointment. Well-hydrated skin allows for better ink absorption.
- **Stay Hydrated:** Drink plenty of water. Hydrated skin improves healing and ensures the tattooing process is as smooth as possible.

## Avoid Sun Exposure and Tanning

- No Sunburns: Do not expose the area to be tattooed to direct sunlight or tanning beds. A sunburned area cannot be tattooed.
- Protect the Skin: If you're out in the sun, apply sunscreen to the area you plan to get tattooed. However, avoid sunscreen on the day of the appointment, as the skin should be clean.

## Do Not Shave or Wax the Area

- Leave shaving or waxing to the professional. Your artist will take care of any hair removal if necessary to prevent irritation or cuts that could affect the tattooing process.

## Get Plenty of Rest

- Sleep Well: Make sure to get a good night's sleep before your appointment. Being well-rested will help reduce stress and improve your body's ability to handle the process comfortably.

## **Eat Before Your Appointment**

- **Have a Good Meal:** Eat a balanced meal about 1-2 hours before your appointment. A full stomach will help prevent lightheadedness or fainting. Avoid skipping meals.

## **Wear Comfortable Clothing**

- **Easy Access to the Area:** Wear loose, comfortable clothing that allows easy access to the area being tattooed. This ensures your artist can work easily and makes you more comfortable during the session.

## **Avoid Lotions, Oils, and Fragrances (Day Of)**

- **No Topicals:** On the day of your appointment, do not apply lotions, oils, fragrances, or any other skincare products to the area to be tattooed. The skin should be clean and free of products.

## **Avoid Intense Exercise (Day Of)**

- Avoid strenuous physical activities that may cause your body to sweat excessively before your appointment, as this can dehydrate your skin and make it more challenging to work on.

## **Prepare for Aftercare**

- Plan Ahead: Make sure you have any necessary aftercare products ready at home, such as a mild, fragrance-free soap, tattoo aftercare balm, and clean paper towels. Also, arrange your schedule to avoid strenuous activities or swimming for the next 1-2 weeks.

## **Relax and Trust the Process**

- Stay Calm: Arrive at your appointment on time and try to relax. Being calm helps your body stay relaxed and will make the tattooing process smoother.

## Signs of Infection

If you notice any signs of infection such as:

- Excessive redness, swelling, or a burning sensation
- Yellow or green pus-like discharge
- Fever or extreme pain

Contact your tattoo artist or seek medical attention immediately.

## Long-Term Care

- Once healed (typically after 4-6 weeks), apply sunscreen (minimum SPF 30) whenever your tattoo is exposed to the sun to prevent fading.
- Moisturize the tattoo regularly to keep your skin hydrated and the tattoo looking vibrant.

Following these steps will help ensure your fine line tattoo heals beautifully and maintains its quality for years to come.