



How to Prepare for Your Tattoo Appointment

Getting ready for your tattoo is crucial to ensure a smooth process and the best possible outcome. Here's how to prepare while following both best practices and Stanislaus County regulations:

1. Stay Hydrated & Eat Well

- Drink plenty of water in the 24 hours leading up to your appointment to help keep your skin hydrated and in its best condition.
- Eat a full meal before your appointment. A balanced meal helps maintain your energy levels and prevent lightheadedness during the process.

2. Avoid Alcohol & Caffeine

- Avoid alcohol and caffeine for at least 24 hours before your appointment. Both can thin your blood, which may increase bleeding during the tattoo process, and can also dehydrate your skin.

3. Wear Comfortable, Accessible Clothing

- Wear loose, comfortable clothing that allows easy access to the area being tattooed. Choose darker fabrics to prevent ink stains, especially for larger pieces.
- Stanislaus County regulations require that the tattooed area is easily accessible and that the procedure is performed in a sanitary manner, so ensure you can comfortably adjust your clothing without exposing unnecessary skin.

4. Shaving & Skin Preparation

- Shave the area to be tattooed if you feel comfortable doing so. Use a clean, new razor, and avoid shaving over irritated or broken skin. Your artist can also assist with this at the studio if needed.
- Proper skin preparation before tattooing is essential for hygiene and compliance with Stanislaus County's infection control requirements

5. Avoid Tanning or Sunburn

- Avoid sun exposure and tanning beds for several days before your appointment. Sunburned or damaged skin can interfere with the tattoo process and healing. If the skin is severely damaged, the appointment may need to be rescheduled for your safety.

6. Moisturize in the Days Leading Up

- Keep your skin moisturized in the days before the appointment. Healthy, hydrated skin will take the ink more effectively and heal faster. However, avoid applying lotion on the day of your appointment, as your skin should be clean and free of products.

7. Bring Snacks & Water for Long Sessions

- If you have a longer appointment scheduled, bring snacks and water to help keep your energy levels up during the session. This helps ensure you stay comfortable throughout the process.

8. Be Mentally Prepared

- Larger tattoos can take time, and some clients may experience fatigue or discomfort. Bring something to entertain yourself, such as music, a podcast, or a book.
- If you're nervous or have questions about the process, feel free to ask your artist. Clear communication is important.

9. Bring Your ID & Payment

- Bring a valid ID and your method of payment. If you've placed a deposit, ensure you are aware of the remaining amount due and any additional consultation fees.

10. Medical Conditions & Allergies

- Inform your tattoo artist if you have any medical conditions such as diabetes, allergies, or blood disorders, or if you're taking medications that could affect your procedure. Certain conditions may require extra precautions during the tattoo process to comply with local health regulations

11. Follow Hygiene Guidelines

- Stanislaus County regulations require that all clients adhere to basic hygiene principles before and during the tattoo process. Make sure to shower and clean the area to be tattooed. Avoid applying any heavy creams, perfumes, or lotions prior to your appointment

12. Plan for Aftercare

- Your artist will provide specific aftercare instructions. Before your appointment, stock up on aftercare supplies, including unscented anti-bacterial soap, Aquaphor or A&D ointment, and loose, comfortable clothing that won't irritate the fresh tattoo.
- Plan ahead for aftercare by ensuring you have access to clean, sanitary supplies and a place to store used bandages, as required by Stanislaus County health regulations