Tattoo Appointment Checklist

A few days before

- [ ] Confirm the date, time and address with your artist.
- [ ] Agree on the design, size and placement; ask to see the stencil before you start.
- [ ] Ask about the deposit, the price and the artist's aftercare advice.
- [ ] Tell your artist about allergies, skin conditions, medication or pregnancy.

The day before and the morning of

- [ ] Sleep well and eat a proper meal.
- [ ] Drink water.
- [ ] Follow your artist's advice on alcohol, caffeine and medication.
- [ ] Wear loose, comfortable clothes that give easy access to the area.

What to bring

- [ ] Photo ID and payment (and a tip, if you wish; customs vary).
- [ ] Water and a snack.
- [ ] Phone charger and headphones.
- [ ] A photo of the design and any notes.

After the session

- [ ] Follow your artist's written aftercare instructions.
- [ ] Take a photo of the finished tattoo.
- [ ] Ask about touch-ups.
- [ ] If you are worried about healing, contact your artist or a doctor.

General information, not medical advice. Your artist's instructions come first.