TATTOO PRE-PREP GUIDE

How to prepare before your tattoo

Getting a tattoo is a collaborative process. While the work on the day comes down to the artist, the canvas is entirely up to you. How you prepare in the days leading up to your session directly impacts how well your skin takes the ink, how much discomfort you experience, and how beautifully the tattoo ultimately heals.

Whether this is your very first piece or you are adding to a growing collection, here is everything you need to know to show up ready.

THE PREPARATION

Your countdown

To get the absolute best results from your session, preparation starts a week before you step foot in the studio.

STEP 01

5 to 7 Days Before

- [x] **Hydrate and Moisturise.** Start drinking plenty of water daily. Hydrated skin is more supple, holds ink better, and responds much more favourably to the needle. Additionally, moisturise the target area once or twice a day with a standard, unscented lotion.
- [x] **Do not get a sunburn.** If the target area is sunburnt, peeling, or deeply damaged, we cannot tattoo over it and will have to reschedule your appointment.

STEP 02

24 Hours Before

- [x] **Get a solid 8 hours of sleep.** A rested nervous system handles pain significantly better.
- [x] **Do not drink alcohol the night before or the day of your session.** Alcohol thins the blood and increases excess bleeding, which pushes the ink back out of the skin and dilutes the clarity of the lines.

STEP 03

4 Hours Before

- [x] **Never get tattooed on an empty stomach.** Eat a substantial, carbohydrate-rich meal 2 to 4 hours before your appointment to keep your blood sugar stable. Low blood sugar triggers adrenaline, making you jittery and far more sensitive to pain.
- [x] **Bring sweet snacks** (fruit, sweets) and a sugary drink to your session to keep your energy up.

STEP 04

1 Hour Before

- [x] **Wear loose, comfortable, old clothing** that allows easy, uninhibited access to the area being tattooed. Expect that ink will get on your clothes, so leave your favourite clothing at home. Dark colours are always a safe bet.

YOUR HEALTH

Medical Conditions and Your Safety

Your health and safety are our absolute priority. Because tattooing open skin triggers an immune response and affects your circulatory system, it is vital that you inform us of any pre-existing medical conditions, allergies, or regular medications before your session.

Certain conditions—such as diabetes, heart conditions, epilepsy, blood-borne conditions, severe allergies (especially to latex, metals, or pigments), or being on daily blood-thinning medication—can alter how your body reacts to being tattooed and how it heals. Skin conditions like eczema or psoriasis near the tattoo site must also be discussed.

Important Notice and Medical Disclaimer

We are tattoo professionals, not medical practitioners. If you have any chronic medical conditions, are pregnant or breastfeeding, or are in any doubt whatsoever about whether it is safe for you to get a tattoo, you must consult your doctor prior to your appointment to get professional clearance.

Please note that blinc.ink cannot be held liable for any medical complications, adverse reactions, or healing issues that arise from key health or medical information that was not fully disclosed to us prior to the session. Complete honesty on your consent form is essential to keeping you safe.

NEW TO THIS?

First-Time Clients

If this is your first tattoo, feeling a mix of excitement and anxiety is completely normal. Here is what to keep in mind to put your mind at ease:

1. **The Sensation:** People describe the feeling differently—a constant cat scratch, a hot vibration, or an intense sunburn. It is uncomfortable, but it is entirely manageable. The anticipation is almost always worse than the reality.
2. **You Are in Control:** We work at your pace. If you need a break to stretch, catch your breath, or stand up, just say the word. Taking brief breaks is completely fine.

3 **Speak Up Early:** If you feel lightheaded, dizzy, cold, or nauseous at any point, let us know immediately. It is usually just a quick blood sugar dip, and we know exactly how to handle it safely.

SEASONED COLLECTORS

Tattoo Veterans: Don't Take the Basics for Granted

Even if you have spent dozens of hours under the needle, every tattoo session is a brand-new variable. It is easy to get complacent, but don’t sleep on these reminders:

1 **Placement Dictates the Pain:** Just because your outer arm was a breeze doesn't mean your ribs, inner thigh, or chest will feel the same. Treat every new placement with the same respect and preparation as your very first tattoo.

2 **Skip the Heavy Gym Session:** Avoid an intense workout targeting the area to be tattooed the day before or on the day of your session. Sore, inflamed muscles increase local swelling and make sitting still for long periods significantly harder.

3 **Your Body Changes Day-to-Day:** Stress, minor illness, or general life fatigue deplete your pain tolerance. Never assume a session will be easy just because you are heavily tattooed—give your body the exact same fuel and rest every single time.

STRAIGHT TALK

My Stance on Numbing Creams

I get asked about numbing creams a lot, and it's an important topic to address.

> I personally strongly recommend against using over-the-counter numbing creams for my sessions.

Please note that this is my specific stance for my own technical workflow. Views on this vary across the industry, and other artists working within the shared studio space may have differing opinions, preferences, or policies. If you are booking with another artist in the studio, please check with them directly regarding their individual rules.

However, if you are sitting in my chair, here is why I advise against them:

1. **Altered Skin Texture:** Many topical anaesthetics change the physical texture of the skin, making it spongy, rubbery, or artificially swollen. This makes it incredibly difficult for me to gauge needle depth correctly and cleanly saturate the ink, which can directly impact the precision of fine line work and solid shading.
2. **The Rebound Effect:** Numbing cream wears off unpredictably—usually after 60 to 90 minutes. When it wears off, the nervous system is often hit with the full intensity of the pain all at once, rather than letting your body naturally adjust to the sensation through its own steady release of endorphins. This makes long sessions very difficult to finish.
3. **Healing Complications:** Certain chemical agents in these creams restrict local blood flow, which can lead to harsher scabbing and patchy, uneven healing once the tattoo is done.

I want your tattoo to look perfect for a lifetime. Managing discomfort naturally helps keep the skin in optimal condition for the best possible artwork.

If you have severe anxiety, an exceptionally low pain threshold, or medical conditions that make you feel numbing cream is an absolute necessity for you, please reach out to me well before your appointment date so we can discuss the options safely together.

BEFORE YOU LEAVE THE HOUSE

Final Checklist

- [x] **Photo ID:** Driving licence or passport.
- [x] **Fuel:** Snacks (sweets, fruit) and a sugary drink.
- [x] **Attire:** Loose, dark clothing that easily exposes the tattoo area.
- [x] **Entertainment:** A fully charged phone and headphones.
- [x] **Payment:** Cash or Bank Transfer are the preferred payment methods.

See you soon!

CLIVE CAMILLERI @ BLINC.INK