

Care Guide

I wrote this little *care guide*, focused on mental well-being, to give you a better sense of how our tattoo appointment will go and what we can both do to make it a pleasant and positive experience.

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01 Preparation

- Please come well rested, eat well before your appointment and bring something (non-alcoholic) to drink with you, possibly some snacks.
- Respecting your bodily needs will make the whole tattooing process a much more pleasant one.
- Keep your skin moisturized leading up to our appointment but do not apply creme in the final 24h.
- Please have your tattoo in mind when you get dressed and wear clothes that make it easy to access the desired placement and still make you feel comfortable. For example, wide pants you can easily roll up or a pair of shorts if getting your legs tattooed. For a back tattoo, a button down shirt perhaps that you can wear the other way around. Also, bringing some extra layers in case you get a little chilly isn't a bad idea.
- Don't underestimate the toll getting tattooed takes on your body when planning your return home after the appointment.
- Please avoid skin irritations from shaving before our appointment

02 Consultation

- Did I get your name and pronouns right?
Please correct me if not!
- Are you feeling nervous being by yourself?
You are always allowed to have a support person with you at any given point.
- Are you truly happy with the design? Do you feel well informed about my artistic choices in regards to the design, size and placement?
- Are you convinced of the stencil we put on?
Redoing a stencil takes no time at all so even if its just a tiny readjustment, please voice your concerns.
- You always have the right to change your mind and back out if you don't feel confident about the tattoo, please don't forget this! Its your body, your choice, always.
- Were you informed if partial nudity is required for the desired placement and which body parts may need to be touched during the tattooing process? Are you comfortable with this or is there anything that could help, such as kitchen-roll to cover up parts of your body or a room divider? Do you require more privacy to prepare yourself? This is valid for both the tattooing as well as the stenciling process.
- Were you made aware whether your desired placement/design is considered to be more painful or/and lengthy than other options?

03 Tattooing

- You can take a break at any given point!
- If any of the points mentioned before, especially nudity / physical contact, make you feel uncomfortable, please say so. We can then look for a better solution.
- Is the music or the conversational topic (with or around you) making you feel uneasy or triggering you? Please let me know!

04 Afterwards

- Are you feeling well informed about the aftercare of your tattoo and the general healing process?
- For tattoo aftercare, I personally recommend regular Panthenol Creme.

You can get it from the pharmacy or the drugstore. I don't recommend Bepanthen as I think its a little too rich. You can also just get whatever tattoo creme you prefer.

- Are you okay with photos of the tattoo being taken? Do you feel comfortable with how they are taken? Are you happy with the results and consent to them potentially being uploaded to social media?

Thanks a lot and I am looking forward to meeting you!
– Sophia