

REAPER & RAVEN

TATTOO COMPANY

Tattoo Preparation Checklist

48 Hours Before

- ☐ Avoid alcohol and blood-thinning medications
- ☐ Stay hydrated - drink plenty of water
- ☐ Get a good night's sleep
- ☐ Avoid sunburn on the tattoo area

Day of Your Appointment

- ☐ Eat a substantial meal beforehand
- ☐ Shower and clean the tattoo area thoroughly
- ☐ Wear comfortable, appropriate clothing
- ☐ Bring snacks and water for longer sessions
- ☐ Bring entertainment (phone, book, etc.)
- ☐ Arrive on time or slightly early

What NOT to Do

- ☐ Don't drink alcohol 24 hours before
- ☐ Don't take aspirin or ibuprofen
- ☐ Don't come in if you're sick
- ☐ Don't apply numbing cream unless approved
- ☐ Don't bring large groups of friends

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