

HEMERA TATTOO

Getting Ready

for your appointment



A few pointers to help you prepare, both in the days before and on the day itself, plus a checklist of things to bring along.

✦ BEFORE YOUR APPOINTMENT · 24 TO 48 HOURS PRIOR

✦ **No alcohol**

Avoid alcohol for at least 24 hours before your appointment, ideally 48. It thins your blood, which affects both my visibility while working and your skin's ability to retain ink.

✦ **Moisturize your skin**

If the area we'll be tattooing tends to run dry, start moisturizing at least 48 hours ahead of time. A gentle exfoliation beforehand helps too, it clears away dead skin so I'm working on a fresh surface.

✦ **Hydrate**

Water does double duty here, it gets your skin in great shape for tattooing, and it supports your healing afterward. Drink plenty before, during, and after your appointment.

✦ **Sleep well**

I know the excitement is real, but a good night's sleep goes a long way. It keeps your nervous system calmer and raises your pain tolerance.

✦ THE DAY OF YOUR APPOINTMENT

✦ **Eat a full meal**

This matters more than you'd think, a good meal helps your body handle the stress of a long session.

✦ **Bring food for longer sessions**

For a full day appointment, pack something to eat, a sandwich or a home cooked meal makes a real difference halfway through. There's a microwave on hand if it needs warming. Sweet snacks help too, they keep your energy and pain threshold up.

✦ **Breathe**

A calm mind and steady, deep breaths are your best allies once we get started.

✦ **Wear comfortable, appropriate clothing**

Choose something that gives easy access to the area we're working on, and that feels comfortable for a longer sit. Bonus points if it's black, ink stains are one less thing to worry about.

✦ **Skip the numbing cream**

This one's important. It changes the texture of your skin, making it harder for ink to settle properly and potentially affecting your healing. If numbing is needed, I'll take care of that during your session.

✦ **Go easy on the coffee**

A cup or two is fine, but more than that can leave you wired and jittery rather than relaxed.

✦ **Vitamin C and zinc**

Both support your immune system and healing. I personally take both a few days before and after a longer session, just read labels and check for any contraindications first.

✦ Give yourself permission to zone out

I love getting to know the person in my chair, but there are moments I'll need to focus closely on the work. Bringing headphones for music or a show helps you settle in through the longer stretches.

✦ WHAT TO BRING

A quick checklist so nothing gets left behind.

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| ☐ Sweet snacks of your choice, and a meal if you're coming for a full day session | ☐ Water and/or drinks of your choice (non-alcoholic) |
| ☐ Dark, comfortable, loose clothing that gives easy access to the area I'm tattooing | ☐ Headphones to listen to your own music, podcast, or movie |
| ☐ Portable video game | ☐ Something to read |
| ☐ A cozy layer, like a hoodie or a blanket | ☐ Sunglasses (the lighting I use to see well can be intense, bring some if you're sensitive to strong light) |
| ☐ A pillow for extra comfort | |



Questions before your appointment? Reach out any time at hemeratattoo@gmail.com. See you soon!