

## Preparation before tattooing

- Be well-rested and eat a good meal an hour or two before your appointment. You should also bring a snack and something sweet to drink, especially if this is your first tattoo.
- Shave the area to be tattooed beforehand, even for women, and even if the hair is very light. Otherwise, the stencil will not stick well, and the hairs may get caught between the tattoo needles, which can interfere with the execution and cause complications during the healing process.
- Wear comfortable clothes that you won't be afraid to get dirty and allow access to the area to be tattooed.
- Bring a blanket, warm socks or slippers if you tend to get cold. Getting a tattoo often causes a drop in body temperature.
- Analgesic creams can change the texture of the skin in unpredictable ways, make the work of the tattoo artist difficult, and only work for a short period of time. They are therefore not recommended.
- If you have no contraindications, it is advised to take 400-500mg of Naproxen (Aleve), or otherwise, Ibuprofen (Advil), one hour before the appointment, to reduce inflammation and therefore, swelling and pain. The work will be more pleasant for you and for me.
- Alcohol and cannabinoids are to be avoided before a tattoo. Please show up sober. For more information, see the FAQ on the website.

## Tattoo aftercare

- After the execution of your tattoo, you will leave with a transparent medical dressing covering the area (second skin).
- It is recommended to keep the initial dressing on for a full 5 days (exceptions may apply, and will be discussed in person). This new technology protects the wound in its moist environment, thus limiting almost all risks of complications.
- It is perfectly normal for a coloured or brownish liquid to accumulate under the dressing. If the liquid is very abundant, it is possible to lift a corner of the dressing to let the excess flow out. Re-apply a piece of dressing (second skin) to seal the opening.
- IT IS VERY IMPORTANT that the dressing remains waterproof. If dirty water (such as that from the shower, for example) or a foreign body is found under the bandage, you are at risk of developing an infection.
- If, after the first 48 hours of your tattoo, you notice persistent redness, swelling, a burning sensation or any other worrying symptoms, notify your artist immediately. She is in the best position to reassure you or, if necessary, inform you about the procedures to follow in the event of a complication.
- After the 5 days, you can remove the film. It is easier to do it in the shower. You can then clean the tattoo with a mild soap at your disposal. At this stage, it is normal for the skin to be wrinkled or shiny.
- If adhesive remains on the skin, you can try to dislodge it by gently rubbing it with a paper towel and a fatty substance (such as coconut oil or olive oil, for instance).
- For the following days, you can apply a thin layer of fragrance-free moisturizer (like Aveeno or Lubriderm) a MAXIMUM of 2 times a day in case of dry or itchy skin. It is normal for your tattoo to show dry skin flakes and/or remain textured for weeks following the execution.
- Feel free to contact me if you think your tattoo needs touch-ups.

---

I am always available to answer your questions to ensure your complete satisfaction. I answer my emails quickly, or, in case of an emergency ONLY, you can text me at my personal number

819.208.8382

(however, note that I never answer unknown incoming calls).