GoldSeam

BEFORE YOUR APPOINTMENT

Getting ready for your tattoo

A little preparation makes the whole day smoother — an easier session, a calmer you, and a cleaner heal. Here's everything worth doing before you sit down in the chair. None of it is complicated; most of it is just being kind to your body.

FOR ARTIST APPOINTMENT

01 The week before

SLEEP	Get good sleep the nights before. A rested body sits through a long session far better — and heals faster afterwards.
HYDRATE	Drink plenty of water in the days before. Well-hydrated skin takes and holds ink better.
SKIN	Moisturise the area daily through the week so the skin is supple and healthy on the day.
SUN	Keep the area out of the sun. Sunburnt, peeling or freshly tanned skin can't be tattooed and means rescheduling.

02 The day before & the day of

Do

+ Eat a proper meal before you come — never on an empty stomach
+ Drink water and arrive well-hydrated
+ Shower and come with clean skin over the area
+ Wear comfy, loose clothes you don't mind getting ink on
+ Choose clothing that gives easy access to the spot
+ Arrive a few minutes early and relaxed

Don't

– Drink alcohol in the 24 hours before — it thins the blood
– Overdo caffeine on the day — it can leave you jittery
– Come sunburnt, ill or hungover — reschedule instead
– Shave the area yourself — your artist will handle it
– Apply lotion or numbing cream on the day without asking first
– Plan a hard workout right before your session

03 What to bring

- ✓ Photo ID (proof of age)
- ✓ Your booking or deposit confirmation
- ✓ Payment — check which methods your studio takes
- ✓ Reference images or ideas, if you have them
- ✓ Snacks and a drink, especially for long sessions
- ✓ Headphones, a book or a downloaded show
- ✓ An extra layer — you can get cold sitting still
- ✓ A power bank for longer sits

04 When you're in the chair

This is your body and your tattoo, so the most important thing you bring is your voice.

Before the needle starts, you'll see the stencil placed — take your time, check the size and position in the mirror, and only say yes when it's right. Tell your artist anything that matters for your health: allergies, skin conditions, medication, or if you're pregnant. If you take blood-thinning medication, mention it — but never stop prescribed medication without your doctor.

During the session, breaks are completely normal — just say when you need one. Breathe slowly, keep your snacks handy, and trust the process. Good custom work takes the time it takes, and it's worth it.

05 A word on nerves & pain

Feeling nervous is normal, and tattoo pain is usually far more manageable than people expect — it tends to come in waves and eases as you settle in. Eating beforehand, staying hydrated and taking breaks all help. If you're considering a numbing cream, ask your artist first: used wrong, it can change how the skin behaves and affect the result.

"Show up rested, fed and relaxed — the rest is our job.
And when your new piece is done, your aftercare guide takes over from here."

This is general preparation guidance, not medical advice. Always tell your artist about health conditions, allergies, medication or pregnancy, and never stop prescribed medication without consulting your doctor.