

You have an appointment at
AUTOMATIC TATTOO

Date: _____

Time: _____

Artist: _____

Get a good night's sleep the night before, and be sure to eat a meal before your appointment.

Things you might want to bring:

- Government issued photo ID
- Soda / sugary drink
- Snack
- Ibuprofen
- Pillow or hoodie
- Headphones

Numbing creams like Dr. Numb or over-the-counter Lidocaine are fine.
(Do not use anything prescribed by a doctor.)

2 hours before: Wash and exfoliate well.
Apply cream liberally across area. Cover with plastic wrap and tape. Leave on until the artist takes it off.