



YOUR FIRST TATTOO

How to Prepare for Your Appointment

Everything you need to know — before, during, and after

Pinky's Art · Private Studio, 1604 Drexel Ave, Miami Beach · www.pinky.miami

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Welcome — What to Expect

Congratulations on your first tattoo — this is a wonderful thing to be nervous about. Nearly everyone is, and that feeling disappears within the first few minutes of the needle.

This is a private, appointment-only studio. That means no crowd, no noise, no waiting room, and no one rushing you. It is your session, your music if you want it, and as many breaks as you need. My job is the art AND your comfort — if something feels wrong at any moment, say so. There is no such thing as a stupid question here.

The one thing to know: a tattoo is a wound as well as an artwork. How you prepare and how you heal it affects the final result as much as the needle does. Everything in this guide exists to make your tattoo look beautiful for the next fifty years.

The Week Before

1. Drink more water than usual, every day. Hydrated skin takes ink better and heals faster — this genuinely shows in the finished tattoo.
2. Moisturize the area daily with a plain, unscented lotion. Soft, healthy skin is easier to tattoo and less painful.
3. Stay out of the sun. Do not arrive with a sunburn or a fresh tan on the area — I cannot tattoo burned, peeling, or irritated skin, and the appointment would have to be rescheduled (Miami makes this the most common problem I see).
4. No waxing on the area for at least 3 days before. Shaving is fine; I will shave the area at the studio anyway, so you do not have to.
5. If you are on any medication, or have a medical condition, allergy, or are pregnant or breastfeeding, message me before the appointment. Nothing here is disqualifying by default — I just need to know.
6. Eat well through the week. This is not the week for a strict diet or a fast.

The Night Before

- **Get real sleep:** Sleep. A full night's rest raises your pain tolerance dramatically — this is the single most effective thing you can do.
- **No alcohol:** No alcohol for 24 hours before your appointment. Alcohol thins the blood, which means more bleeding, ink that does not settle properly, and a tattoo that heals patchy. I will reschedule if you arrive intoxicated.
- **Hydrate:** Keep drinking water through the evening.
- **Shower:** Shower the night before or the morning of. Come with clean skin, no lotion, no oil, and no makeup on the area.
- **Prepare your bag:** Lay out your clothes and put your ID somewhere you cannot forget it.

The Morning Of

- **Eat a proper meal:** A real one, with protein and complex carbohydrates — not just coffee. Low blood sugar is the number one cause of feeling faint in the chair. If your session is in the afternoon, eat a full meal within 2 hours of arriving.
- **Water:** Keep drinking water right up until you arrive.

- **Coffee:** One cup is fine if it is your normal routine. Skip it if coffee makes you jittery — caffeine slightly increases bleeding and restlessness.
- **Leave early:** Give yourself extra time. Arriving stressed and late starts the session badly, and arriving more than 30 minutes late without contact means losing the deposit.
- **Clean skin:** Not perfume or lotion on the area — clean, dry, bare skin.

What to Bring — Checklist

Bring	Why
Government photo ID	Required by law, every visit, even for returning clients. No ID = no tattoo.
Payment (card or cash)	Balance is due at the end of the session; your deposit is already applied.
A snack and a drink	Sugar and water keep you steady through longer sessions.
Headphones / music / a show	The best distraction there is. Load it before you arrive.
A phone charger	Long sessions drain batteries.
A sweater or hoodie	Bodies get cold when sitting still — and Miami air conditioning is aggressive.
Reference images	Anything that inspires you, even if we already discussed the design.
A pillow or blanket	Optional, but welcome for long sessions — comfort is not cheating.

What to Wear

- **The rule:** Comfortable, loose, and something you do not mind getting ink or ointment on. Assume whatever you wear may be stained permanently.
- **Leg or thigh:** Shorts or a loose skirt so the area is easy to reach without undressing.
- **Arm or shoulder:** A loose tank top or a shirt with sleeves that roll well above the area.
- **Back or ribs:** A loose button-up or an open-back top; bring a strapless or racerback bra option if it helps.
- **Hip or stomach:** Loose waistband, nothing that presses on the fresh tattoo afterward.
- **Always:** Layers. You can always take one off; you cannot add one you did not bring.

Do NOT Do These

- **Do not drink:** no alcohol for 24 hours before. It is the most common reason a session goes badly.
- **Do not take blood thinners:** aspirin and ibuprofen thin the blood. If you need something, acetaminophen (Tylenol) is the safer choice — and check with your doctor if you take blood thinners regularly.
- **Do not arrive sunburned:** burned, peeling, freshly waxed, or broken skin cannot be tattooed.
- **Do not come on an empty stomach:** hunger plus adrenaline is how people faint.
- **Do not use numbing cream without asking:** numbing creams change how the skin takes ink and can affect the healed result. If you truly want to discuss numbing, talk to me BEFORE the day — never apply anything on your own.
- **Do not bring doubts:** this is your body and your fifty-year decision. If you are unsure about the design, we reschedule and get it right.

What Happens at Your Appointment

1. We talk first. We review the design together, and small adjustments within the agreed concept are made right there. Nothing starts until you are happy.
2. Paperwork and ID. A consent form and your photo ID — required by Florida law.
3. Placement. I shave and clean the area, then apply the stencil. You check it in the mirror, from every angle. We move it as many times as you need — this is the moment to be picky, not after.
4. A few test lines. You feel what it actually is. Almost everyone says the same thing: "Oh — that's it?"
5. The work. Breaks whenever you need them: to stretch, eat, use the bathroom, or just breathe. Speak up — I cannot see your face while I work.
6. Finish and photos. We clean it, I photograph it (with your permission), and wrap it.
7. Aftercare walk-through. I explain everything in person and you leave with written instructions — plus this guide.

About the Pain — Honestly

It is uncomfortable, not unbearable. Most people describe it as a hot scratch, or a cat scratch that keeps going. The anticipation is almost always worse than the reality — and the first ten minutes are the hardest, because after that your body adjusts and adrenaline does its work.

Easier areas: outer arm, forearm, calf, outer thigh, shoulder — plenty of muscle and fewer nerve endings.

More sensitive areas: ribs, sternum, spine, feet, hands, inner arm, neck, and anywhere bone sits close to the skin.

What actually helps: sleep the night before, food in your stomach, slow steady breathing (never hold your breath), music or a show, and asking for a break BEFORE you need one. Tension makes pain worse — the more relaxed you stay, the easier the whole session runs.

Aftercare — The First 30 Days

Day 1: Leave the wrap on as long as I instruct. When you remove it, wash gently with clean hands and mild unscented soap, pat dry with a paper towel, and apply a thin layer of the recommended ointment. Thin is the key word — a tattoo needs to breathe.

Days 2–14: Wash gently 2–3 times a day and moisturize with a thin layer each time. It will peel and flake like a sunburn — this is normal and healthy. It may itch; that is also normal.

Days 14–30: Keep moisturizing daily. The surface looks healed sooner, but the deeper layers are still repairing for about a month.

Never during healing:

- Do not pick, scratch, or peel it — this pulls the ink out and creates permanent patchy spots.
- No swimming pools, ocean, hot tubs, or baths for 3–4 weeks. Showers are fine.

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- No direct sun on the fresh tattoo. Once fully healed, sunscreen every single time — sun is what fades color realism faster than anything else.
- No tight clothing rubbing the area, and no gym or heavy sweating for the first few days.
- Do not let pets sleep against a healing tattoo, and keep bedding freshly washed.

Message me immediately if: you see spreading redness, heat, swelling that increases after day 2, pus or discharge, or you develop a fever. Infections are rare with proper care but need a doctor quickly, not a wait-and-see.

Your touch-up: one complimentary touch-up is included within 90 days, once fully healed. Message me to arrange it.

Questions People Are Shy to Ask

Can I bring someone? Yes — one guest. The studio is intentionally quiet, so please no groups, no children, and no pets.

What if I need to pee, or cry, or take five minutes? All completely normal, all completely fine. Just say the word.

What if I faint or feel dizzy? It happens to perfectly healthy people, usually from low blood sugar or nerves. Tell me the moment you feel strange — we stop, you eat and drink, and we continue when you are ready.

Can I get tattooed on my period? Yes. You may be slightly more sensitive that day, but there is no medical reason to reschedule.

What if I hate it halfway through? You will not — because we agree on everything before the first line. That is exactly why the stencil stage takes as long as it takes.

How long will it take? Your estimated time is given when you book. Realistically, a piece may need more than one session — good work is not rushed, and color realism especially rewards patience.

Can I shave the area myself? You can, but you do not need to. I do it at the studio with a sterile single-use razor.

Should I tip? Never expected, always appreciated — like any craft service.

Quick Reference Card

Screenshot this page.

When	Do this
All week	Water · moisturize · no sun · no waxing
24 hours before	NO alcohol · no aspirin or ibuprofen · sleep well
Morning of	Eat a real meal · water · clean bare skin · leave early
Bring	Photo ID · payment · snack · headphones · charger · sweater
Wear	Loose, comfortable, stainable clothing
At the studio	Check the stencil carefully · breathe · ask for breaks
After	Thin ointment · wash gently · no picking · no pools · no sun
Touch-up	Free within 90 days, once fully healed

Questions before your appointment? Message me any time — I would rather answer twenty questions than have you arrive nervous. See you soon. — Pinky · www.pinky.miami

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