

TATTOO PRE TREATMENT ADVICE

LOST CAUSE CLUB



BE HYDRATED

Before a tattoo, make sure to drink plenty of water. It's likely that during the tattoo you won't drink a whole lot, but being dehydrated could lead to feeling faint and unwell during your session.

PREPARE YOUR SKIN

Implementing a good skincare routine is also important in the lead up to your tattoo. In the days before your appointment, use a good moisturiser to get your skin ready for its new ink. It's best not to moisturise immediately before a session, as any residue on your skin could interfere with the tattooing process.

GET A GOOD NIGHT'S SLEEP

Sleep is crucial before a tattoo so that you can be aware of how your body is reacting. Some people also find that getting tattooed on little sleep can cause it to hurt more, but of course this varies for each individual. Regardless, being well rested is always a good thing and could make your session easier.

EAT A BALANCED MEAL BEFOREHAND

While getting tattooed feels like you aren't doing much, your body is actually expending a lot of energy during the process. Getting a tattoo is causing trauma to your body, so it's super important to have enough energy to get through without having your blood sugar drop too low, which could cause it to feel more painful.

Get some protein and complex carbohydrates in, they will give you energy that lasts longer and won't spike and fall too quickly. It has also been shown in studies that vitamin C (aka ascorbic acid) helps with wound healing and boosts your immune system, so try to eat some vitamin C rich foods before and after your session.

BRING SNACKS

On the same topic, if you know you are in for a long session it's a good idea to bring some healthy snacks and drinks along with you. Nuts or protein bars are a good idea, rather than sugary sweets, to avoid intense blood sugar spikes. You will feel like you are dying for something sugary afterwards, so we usually recommend you bring a bottle of pure orange or apple juice, but you could treat yourself to a can of fizzy drink. You've probably earned it.

WEAR COMFORTABLE CLOTHING

This one is important; think about where you are getting tattooed. Getting a thigh piece? Don't wear skinny jeans then. Soft, loose, practical clothing is usually best; it's easy to move and won't be rough on your skin afterwards. Putting a bit of thought into your outfit can save you a whole lot of hassle on the day.