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**Lammergeier Studio**  
T A T T O O  
**Pre Appointment Information**

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- Eat a solid, hearty meal prior to your appointment! Also drink plenty of water
- Limit caffeine the morning of your appointment and do not drink alcohol 24hrs prior.
- Please do not smoke weed prior to your appointment
- Avoid NSAIDs or fish oil 48hrs prior to your appointment to avoid excess bleeding (unless prescribed by a doctor and discussed with your artist).
- **Be certain you do not get sunburnt in the area to be tattooed within the week leading up to your appointment. If you are sunburnt, please reschedule.**
- **Please wear appropriate clothing to allow easy access to the area you are getting tattooed. It is also advised that you do not wear clothing that you would be concerned about ink getting on.**
- Please be freshly showered and apply deodorant
- Bring a valid ID stating you are 18+
- Do not bring children to your appointment. If children are brought to the appointment you will need to reschedule and will be charged up to the full cost of the appointment (refer to the Booking Fee Terms).
- Please arrive on time (not late, not early)
- If anything changes medically prior to your appointment, please alert your artist.
- Do not schedule your appointment less than 4-6 weeks before a trip or event where you will be in the sun or water.
- Please do not apply numbing cream to the area being tattooed

*If this information is not followed, your appointment may be cancelled and you may be charged up to the full cost of the tattoo*