



Before Your Tattoo

Draft. Not yet approved by the studio's qualified practitioner. Do not issue to clients.

Thank you for booking with Rebellious Ink. This guide helps you arrive ready so your session goes smoothly. It is general preparation advice, not medical advice.

Your booking

- Check your confirmation email. It shows your artist, date, time, the agreed design and placement plan, your booking reference and the deposit we hold.
- Your deposit is deducted from the final price. The remaining balance is payable on the day by card or cash.
- Need to move your appointment? Give us at least 48 hours' notice. Our Deposits, Cancellations and Refunds guide explains exactly how this works.

The day before

- Get a good night's sleep and avoid alcohol. We will not tattoo anyone who appears intoxicated, and alcohol can increase bleeding.
- Eat a proper meal before you arrive and bring a sugary drink or snack for longer sessions.
- Drink water through the day. Well-hydrated skin takes ink more evenly.
- Keep the area moisturised in the days before, and avoid sunburn. Freshly burnt or peeling skin cannot be tattooed and we will need to rebook.
- Do not shave the area yourself unless we ask you to. Your artist will prepare the skin with a clean, single-use razor if needed.

What to wear and bring

- Loose, comfortable clothing that gives easy access to the area and that you do not mind getting ink on.
- Photographic ID: a passport, photocard driving licence or PASS-accredited proof-of-age card. Tattooing anyone under 18 is illegal in the UK and we check every client, every time. Our Age and ID Policy has the detail.
- Headphones, a book or a charger if you want to relax during a long session.

Health and medicines

If you have a skin condition at the site, a bleeding disorder, take medicines that affect clotting or healing, are pregnant or breastfeeding, or have had a reaction to a tattoo before, please tell us before the day. Do not stop any prescribed medicine for a tattoo: ask your GP or pharmacist first.

- If you are unwell, have a cold sore, skin infection or broken skin near the area, let us know and we will rebook. Healing skin needs a healthy immune system.
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Tell your artist about allergies to inks, latex, adhesives or aftercare products. Our Allergies and Patch Tests guide explains more.

- Our Pregnancy and Medical Conditions guide lists the situations where we may decline or ask for your GP's advice first.
- We cannot tattoo over a mole. If you have noticed a mole that has changed, see your GP.

On the day

- Arrive clean. Shower, and skip heavy moisturiser, fake tan or perfume on the area.
- Please arrive five to ten minutes early. Late arrival may shorten your session.
- You will complete a short health questionnaire and consent form, and we will check your ID before we start.
- Breaks are fine: just say. One guest may wait in reception; the treatment area is for clients only.
- Plan around healing: avoid swimming, saunas, sunbathing and heavy gym sessions for the first two to three weeks after your tattoo.

Accessibility

We want everyone to feel welcome. If you have access needs, anxiety about the process or need a quieter environment, tell us when you book and we will plan for it.

Practitioner to confirm: the list of accepted photographic ID, the lateness rule, and that the studio's practice is for the artist (not the client) to shave the area.

Questions? Email thedesk@rebelliousink.tattoo. For anything medical, contact NHS 111 or your GP. In an emergency, call 999.