**Before Getting A Tattoo Checklist**

**BEFORE DECIDING TO GET A TATTOO:**

* Be aware that tattoo’s cannot be removed laser treatments can decolorize some tattoo’s but the ink remains in your body

**IF YOU HAVE ALLERGIES:**

* Be aware that it might be best not to get a tattoo
* Be aware that getting a tattoo may result in you receiving a false positive test for auto immune diseases, e.g., lupus

**BEFORE GETTING A TATTOO:**

* Ask the tattoo artist where the dye(s) he/she will be using come from is considered to be safest to use dyes
* Ensure the dye(s) to be used do not contain:
  + Iron oxide
  + Titanium dioxide ***Titanium dioxide may cause rashes***

**Artwork:**

* Has the artwork been selected?
* Have you decided on the style of your tattoo?
* Is it in a style your artist is capable of doing?
* Have you decided where to place your tattoo?
* If artwork is supplied by you, is it clean and approved by the tattoo artist?
* Do you have art samples (magazines clippings, pictures) to show the artist
* If the artwork is to be done by the tattoo artist, is (s)he aware of it and prepared for it?
* If the artwork is to be done by the tattoo artist, have you approved the final draft?

**The shop / artist:**

* Have you selected an artist or shop?
* Are they known to be reputable?
* Have you browsed through the artist's portfolio?
* Have you settled on a price for the tattoo?
* Have you discussed and been shown their sterilization procedures and equipment?
* Do you feel comfortable around the shop or artist?

**Yourself:**

* Are you wearing comfortable clothing that's not constricting around the tattoo area?
* Are you rested, taken a shower and eaten a good meal?
* Make sure you do not use alcohol or aspirin based medication.
* Do you have your money to pay the artist?