

INFORMATION PACKET

HOW TO PREP ON THE DAY OF APPOINTMENT

FOOD

Eat a good meal, and make sure to drink plenty of water before getting tattooed. Low blood sugar and dehydration can make it a rough tattooing session. It's also smart to pack some snacks, though we have some available for you here too.

If you want to be in the best possible shape for your tattoo, avoid caffeine and get some zinc, vitamin c, and protein.

ALCOHOL & INTOXICANTS

Be aware that alcohol is a blood thinner and can increase bleeding during the tattooing process. Avoiding alcohol for a day or two before the session isn't strictly necessary, but may help to minimize bleeding.

We legally cannot and will not tattoo any persons visibly under the influence. Showing up to your session clearly drunk or high will cause the appointment to be cancelled and your deposit will be forfeit. This isn't only a safety issue, but a consent one, and we choose not to put our artists into this uncomfortable position.

In general, our rules are the same as the rules of the road. If you're ok to drive, then you're ok to get a tattoo.

CLOTHES

Dress comfortably in a loose fitting outfit, as clothing friction directly after the tattooing can impact healing. Be sure that your outfit allows easy access to the location you're looking to get tattooed. Eg: Wear shorts for a leg tattoo. If you will be getting tattooed on or near an intimate area we recommend bringing a bikini piece or short swim trunks as they provide better coverage than standard underwear. Bikini pieces can also be untied if necessary.

ENTERTAINMENT

Feel free to bring any handheld entertainment you'd like as long as it won't cause you to jostle the location being tattooed during the appointment. Books, handheld game consoles, ipads, headphones, etc are all fine. Or just come hang out - we usually put on music or podcasts.

ACCOMMODATIONS

ALLERGIES

Known allergies should be discussed with your tattoo artist before they begin tattooing. We try our best to use non-allergenic materials. But if you have any allergies to the ink ingredients, you may develop a red, itchy skin reaction to the site. The most common ink allergy is to red pigments, but any pigment can potentially cause an allergic reaction. Some people are also sensitive to certain soaps and wrappings, and alternatives can be provided upon request.

All of our piercings are done with implant grade stainless steel or titanium. If you are getting a piercing, please let your piercer know if you have any known sensitivities to any metals.

PRIVACY

All of our tattoo booths have a privacy door. These can always be closed upon request, regardless of the tattoo location or situation.

Additionally, privacy blankets can be provided upon request. Due to health and safety law, these are disposable blankets (think scratchy hospital blankets). If you want something comfier, we recommend discussing with your artist clothing options that will help you to feel covered and snug.

DISABILITY

We never want our clients to feel any hesitations in requesting disability-based accommodation. If you have a disability that could impact your tattooing session, please let us know beforehand what accommodations you will need. Stations can be adjusted prior to appointment for accommodation. And if at any point during your session the current setup becomes difficult to maintain, please speak up, so that we can find a better suited arrangement.

ANESTHETIC / NUMBING CREAMS

If you know that you will be requesting an anesthetic, please let your artist/piercer know during the scheduling stage, so they can plan for you to come in early. The anesthetic will need to be applied and take effect *before* your session.

Please do not apply your own numbing cream before your tattoo or piercing session. If you have any allergies to certain anesthesia, please let us know, and in this instance we may have you bring in your own anesthetic to be applied at the studio.

MASKS

Currently we are not requiring artists or clients to wear masks. Clients can request their artist/piercer to wear a mask before any session. If you are requesting masks from your artist because **you** had a recent exposure to Covid-19 or other illness, you must inform your artist **BEFORE** meeting with them in person.

OTHER ACCOMMODATIONS

If there's anything here that we missed, please let us know. Any concerns should be addressed with your artist so we can make sure that the process feels safe and comfortable.

REASONS WE HAVE TO DENY PEOPLE

MINORS

No persons under 18 years old shall be tattooed within the state of North Carolina regardless of parental consent. Proof of ID is required for tattooing.

Persons under 18 years old must have proof of parental consent to be pierced within the state of North Carolina, except for on the ears.

Continuum additionally requires proof of parental consent for ear piercings for anyone below age 16.

For individuals under 14 years old, we only offer lobe piercings. Those under 14 will also be required to have a consultation with their piercer prior to their appointment. The piercer then will

decide whether to continue the piercing appointment based on this consultation. We do this to make sure that kids understand what they are getting, that they know how to clean and take care of their piercing, and that it is something they truly want. Continuum does not offer piercings to any child below age of 7.

UNDER INFLUENCE OF DRUGS OR ALCOHOL

We will decline any visibly intoxicated persons from tattoos or piercings. Showing up to your session clearly drunk or high will cause the appointment to be cancelled and your deposit will be forfeit. Be aware that any amount of drinking can also cause you to bleed more during your session.

In general, our rules are the same as the rules of the road. If you're ok to drive, then you're ok to get a tattoo or piercing. Know your own limits.

PREGNANCY

Due to the increased risks that tattooing can create to pregnancy, we ask that you wait until you are no longer pregnant to get a tattoo at Continuum. You will be requested in our Tattoo Consent form to verify that you are not knowingly pregnant on the day of your appointment. If you find out that you are pregnant or become pregnant between booking your appointment and the appointment date, please let us know so we can cancel the appointment, or plan to reschedule.

SUN DAMAGE

Sunburns are a form of skin damage. If you have a sunburn on or near the tattoo location we cannot tattoo the area until it is healed and *completely finished peeling*. We recommend avoiding direct prolonged time in the sun before and after getting a new tattoo.

CUTS, LESIONS, ACNE & OTHER SKIN CONDITIONS

Conditions that we cannot tattoo over include sunburns, moles, pimples, rashes, boils, cuts, inflammation, and lesions. Individuals with active eczema or psoriasis may also be declined. Exceptions can be made on a case by case basis at the discretion of the artist with whom you are working. Please inform your artist of any skin conditions before setting your appointment. If flare ups or skin injury occur between your scheduling and appointment dates, please give us a call so we can determine if you need to be rescheduled.

JAUNDICE

Persons with jaundice will be declined for tattooing within the state of North Carolina

CONTAGIONS / COMMUNICABLE DISEASES

Some communicable diseases can include, but are not limited to, hepatitis A, B, and C, measles, salmonella, AIDS, and bloodborne illnesses. You will be requested in our Tattoo Consent form to verify that you are free of communicable diseases before being tattooed. If you become sick, or have an exposure to Covid-19 or other contagious illness, please contact your tattoo artist as soon as you become aware of the risk. If you have recently been exposed to or have recently recovered from Covid-19, you may be asked to provide proof of a negative Covid test before coming in for your appointment.

OTHER MEDICAL CONDITIONS

Most other medical conditions can be discussed beforehand for risk assessment. Please see our list below for information on medications and medical conditions that we recommend exerting caution with before proceeding. We'll say it a million more times below, but as always, we recommend that you talk to your doctor and artist/piercer if you have any of these conditions. If your condition is temporary, ask yourself if it might be better to hold off on your tattoo/piercing until you no longer have the issue.

OTHER MEDICATIONS & MEDICAL CONDITIONS

We advise caution before getting a tattoo if any of these medications or medical conditions currently apply to you:

- Acne medications
- Antibiotics
- Blood thinners
- Chronic skin condition
- Organ transplant / Anti-Rejection Medications
- Immunocompromised
- Blood coagulation disorders

Please inform your artist if any of these apply to you. With these conditions, getting a tattoo is sometimes still possible, but you may want to make a risk assessment first, and decide if it's better to wait to get your tattoo. Discussing the issue with your doctor before getting your tattoo is highly recommended.

ACNE MEDICATIONS

Acne medications can cause your skin to become sensitive and you may feel more pain than usual. Additionally, because the skin is more sensitive and reactive, your risk of scarring increases.

ANTIBIOTICS

Tattoos are created from thousands of small puncture wounds, adding work to your immune system. While we work hard to disinfect the environment, tattoos can still be an entry point for pathogens. Getting a tattoo can delay the healing process of your body and make it harder to fight off bacterial infection.

Some antibiotics also cause skin to become sensitive and you may feel more pain than usual. Additionally, because the skin is more sensitive and reactive, your risk of scarring increases.

BLOOD THINNERS

Bleeding during and after a tattoo is normal, but blood thinners can increase the amount. The additional blood wiping by your artist can also slightly increase risk of infection. You may want to ask your artist how much bleeding is normal for your tattoo size and location, so that you can monitor your healing progress.

SKIN CONDITIONS

This varies by your specific condition, so talk to your artist first. Covered below is a non-exhaustive list of conditions. Be aware that getting a tattoo near a chronic skin condition can cause flare up. Conditions that we cannot tattoo over include sunburns, moles, pimples, rashes, boils, cuts, inflammation, actively healing scars, and lesions. Individuals with active eczema or psoriasis may also be declined.

Hyperpigmentation and prior scarring can increase inflammation and impact how the pigment stays in the body. If you have either hyper-pigmentation or are tattooing over a healed scar, be aware that the location may require additional follow-ups, and that pigment may not stay in the skin. It typically takes about 6 months to a year for a scar to be considered healed enough to attempt tattooing. For larger or deeper scars, it may take 3 to 5 years. Attempting to tattoo a scar that has not fully healed can reopen the wound, worsen your scar, and lengthen healing time - So always be honest with your artist about scars, and talk to your doctor if you're not sure whether or not your scar is fully healed.

If you are prone to keloids be aware they can be triggered by both piercings and tattoos. People who have previously had keloids, or have a family history of keloids, should not get pierced or tattooed. Note that irritation bumps are a common side effect of piercings, often mistaken for keloids. Irritation bumps are a temporary inflammation that should resolve with time and proper treatment of your piercing. Keloids are raised scar tissue caused by excess collagen during healing that do not typically go away without intervention by a doctor.

If you have a history of skin lesions related to severe eczema, psoriasis, lichen planus, vitiligo, or discoid lupus, we recommend against getting a tattoo.

IMMUNOCOMPROMISED

This includes a variety of disorders such as heart disease and diabetes. The appropriate considerations will vary by condition and severity, and we recommend asking a doctor first and then discussing with your artist. Most often it should be ok to get a tattoo. Please let your artist know if you would like them to wear a mask during the tattooing process.

ORGAN TRANSPLANT / ANTI-REJECTION MEDICATIONS

Getting a tattoo or piercing increases risk of infection. Tattoos are created from thousands of small puncture wounds, adding work to your immune system. While we work hard to disinfect the environment, tattoos can be an entry point for pathogens.

Because anti-rejection medications weaken your immune system we recommend against getting a tattoo if you are on any anti-rejection medications. But you can discuss options further with your doctor. After discussing with your doctor if you decide to continue with the tattoo, masks can be worn by your artist upon request.

BLOOD COAGULATION DISORDERS

Any disorder that impairs coagulation should be discussed with your doctor before getting a tattoo. Bleeding during and after a tattoo is normal, but we advise caution as coagulation issues

can increase the amount. The additional blood wiping by your artist can also slightly increase risk of infection. In addition to speaking with your doctor, you may want to ask your artist how much bleeding is normal for your tattoo size and location, so that you can monitor your healing progress.

AFTERCARE

DURING HEALING

Any time you open the skin, you leave yourself vulnerable to scarring and infections. That includes tattoos! Caring for your tattoo can prevent these complications and ensure that the tattoo heals properly.

1. While recovering, do not expose your tattoo to direct sunlight, to harsh elements, or submerge it in water.
2. An adhesive wrap will be administered over your tattoo. Please leave this in place for 24-48 hours minimum, or as recommended by your tattoo artist.
3. After the wrap is off, clean with a disposable facial tissue or paper towel using water and a formulated cleanser. A gentle, unscented soap can also be used.
4. Apply an unscented ointment, balm, or moisturizer daily for a minimum of [time]. We recommend [our recommendations]. The key is to apply a small amount and spread it evenly, coating the tattoo, but also letting it be absorbed quickly.
5. See your aftercare card for a QR code link with more information, including complications!

TOUCH UPS

Touch-up/follow-up appointments are often offered by our tattoo artists, usually scheduled within 6 months of the final tattoo appointment. Most often they will be at no cost. If touch-ups are required as a result of the client not following our provided aftercare guide, then the artist may choose to charge for their touch-up work. This price will be at the artists' discretion based on the amount of work required from any damage done to the location.

AFTER IT'S HEALED

With time all tattoos age, but taking care of your tattoo will keep it in great condition for years down the line! To keep your tattoo in the best condition, we recommend always applying sunscreen when you're going out. Cover your tattoo when in direct sunlight or harsh elements, and continue regularly applying ointment or moisturizer to the location. Take extra care to avoid abrasions to the location if possible.

If you need a touchup, please give us a call!

COMPLICATIONS

WHAT'S NORMAL

For the first few days after getting your tattoo, your skin may be red, itchy, and sore. You may notice excess ink, along with blood and fluid, leaking from your skin. This is normal. As the tattoo heals, there will also be scabbing. By the second or third week, the outer layers of skin should be healed. It may take 3 to 4 months for the lower layers to completely heal.

ADHESIVE WRAP

If your wrap fills with excess fluids, OR starts to come off, come see us for a free rewrap! If you find that you're sensitive to the adhesive used, we also have alternate wrappings to rewrap with.

INFECTION

A tattoo that isn't properly cared for can get infected. Infected skin will be red, warm to the touch, and painful. It may also leak pus. Please either come see us or a doctor if you suspect an infection.

ALLERGIES

Please let us know beforehand if you have any known allergies. We try our best to use non-allergenic materials. But if you have any allergies to the ink, you may develop a red, itchy skin reaction at the site. The most common allergy is to red ink. Some people are also sensitive to certain soaps and wrapping, and alternatives can be provided upon request.

REVIEW US AND GET A DISCOUNT

Post about your tattoo twice with text and photos & Continuum will thank you with 20% off towards your next tattoo or piercing up to \$100. Here's where you need to post:

1. Post a Google review. Include at least a sentence or two of text plus a picture of your new tattoo or piercing, or a selfie with your artist.
2. Post your tattoo on a social media site (Instagram, Tiktok, Facebook, etc) and tag us @ContinuumTattoo

You can get the reward next time you come in by showing us your posts. OR you can email us the links at Questions@ContinuumArtNC.com with "Treasure Hunt" in the headline!

CONTINUUM ART'S TATTOO TREASURE HUNT

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