



## IMPORTANT INFORMATION

### (Camouflage Tattooing)

#### 24 HOURS BEFORE YOUR APPOINTMENT:

- Have 8 – 9 hours sleep the night before your Medical Camouflage appointment.
- Alcohol and caffeine must be avoided.
- Lifting weight and strenuous exercise should also be avoided.

#### DAY OF YOUR APPOINTMENT:

- Make sure you have a healthy and balanced meal.
- Dress comfortably. Avoid tight and constricting clothing.
- Do not use numbing cream or any topical cream on the area to be treated.

*See you tomorrow,  
Peggy Semper-Theunissen*