

the original  
stick  
& poke  
tattoo  
kit



Zine on stick and poke tattooing

A product of Stick & Poke LLC Copyright 2016

# about this kit

This kit contains everything needed for the creation of a permanent 'stick and poke' tattoo. The makers of this kit believe that this practice can be made safer by using medical, professional & sterile materials that is made specifically for tattooing. This kit has been developed to promote the safer practice of this very common & ancient form of body modification. This is not intended to replace professional tattoo services.

Obviously poking into skin with a needle and ink can be risky. Please follow all instructions.



Poke Safely!

# w a r n i n g

Tattooing can be dangerous.



Read this before you start...

# Warnings

Consult your physician before getting a tattoo. Consult a professional tattoo artist before getting a tattoo.

Tattoos are permanent! Laser removal is painful and may leave a scar. Think about it first. Be sober.

If ink gets into eyes, flush eyes immediately with room temperature water for 5 minutes.

This kit is for one time use. Discard kit contents after use. Do not attempt to heat sterilize ink or needles. Ink will change form and will no longer be safe.

Must be 18 or older to purchase or use.

## More Warnings

If you experience bleeding, rash, hives, pain, throbbing, prolonged discomfort, vomiting, or numbness-  
stop tattooing and

**CONSULT A PHYSICIAN IMMEDIATELY**

# A word about Blood Borne Pathogens (BBP):

HIV and Hepatitis B and C can be transmitted super easily when you are messing with bloody needles. These are super small viruses. Some of these viruses live in dried blood out of the body for days – even in a thin smear! These diseases totally suck (as you may have heard), therefore, please make sure that you are paying attention to what you touch when you are poking.

**EXAMPLE:** You are poking yourself and it's going great. You pick up the ink bottle to refill the cup. *! That bottle is now contaminated.* When you touch it again later with your gloves off, you will have possibly-diseased blood on you! You could then possibly spread a BBP to another person or surface.

**Be careful! Sterilize the environment & dispose of used items safely and immediately after poking.**

gallery

of ideas

ery



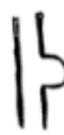
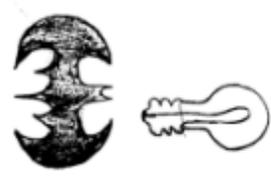
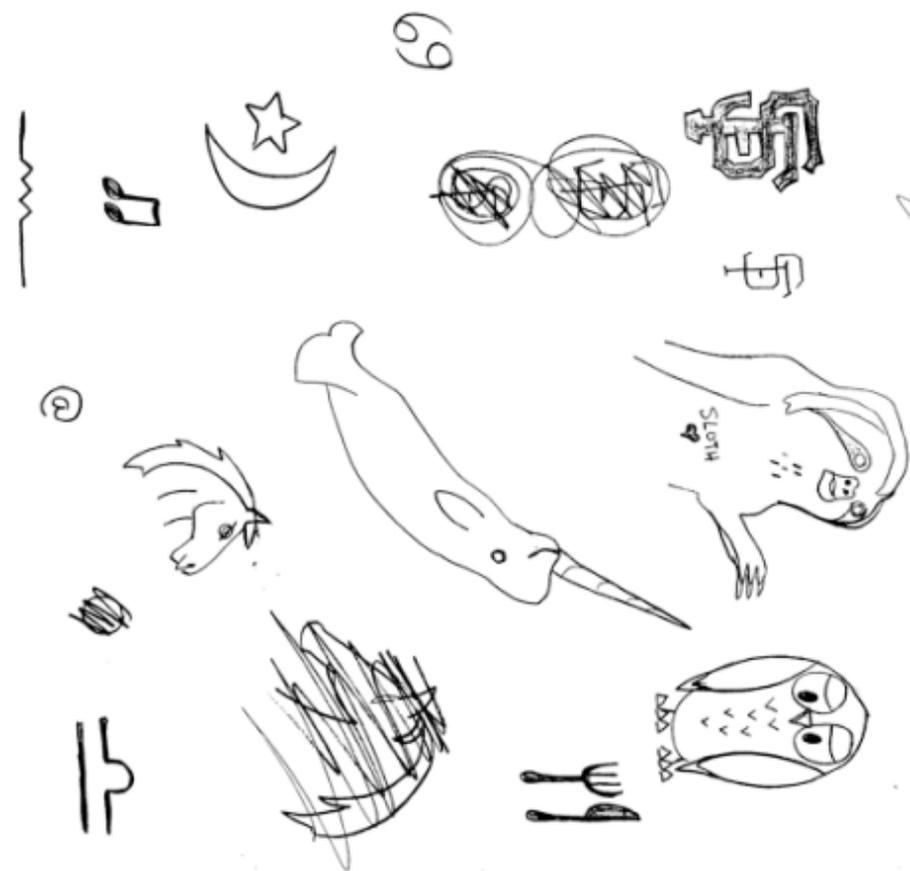
## Tips for your design:

- The simpler, the better
- If you can simple-line draw it,  
it can be poked.
- Get an artsy friend to help you design.
- Choose something you REAAALLY like
- Be sober
- Avoid symbols/designs that are a part  
of a different culture than your own.
- Consult a professional

More genius ideas can be viewed on our  
website at: [StickAndPokeTattooKit.com](http://StickAndPokeTattooKit.com)



Draw it  
~~first~~ it



# contents



What's in here anyhow?

- bottle(s) of ink\*
- sterile tattoo needles
- medical gloves
- wipes and ointments
- adorbz glass ink jar
- sterile bandage & aftercare
- medical surface covering (bib)
- this cool 'zine
- stenciling stuff



**\* Vegan Professional Tattoo Ink \***

**1 Sterile ½ oz. All-purpose Black Bottle contains:**

Distilled Water:

C.A.S. #7789-20-0

Isopropyl Alcohol:

C.A.S. #8013-70-5

Witch Hazel:

C.A.S. #68916-39-2

Black Pigment

7. CI #77266

NOTE: Ink may drip through the top, under the cap during pressure changes while processing or shipping. This is still unused, pretty sterile ink.

The MSDS for this and our color ink is available on our website at:

<http://stickandpocketattoo.com/msds>

instructions



1. Read all warnings before beginning.
2. Create a clean area for the materials.
3. Wash hands vigorously with *antibacterial* soap.
4. Put on eye protection and medical gloves.
5. Lay out medical covering. Open and place materials on this clean surface.
6. Choose an area to tattoo, not near a mucus membrane.



## 6a. {Optional: Stenciling bit}

or see Video on our blog & Youtube channel

Remove loose paper from inside stencil papers. Draw atop the stencil so that the inky paper transfers to the underside of the top paper. This will give you a stencil of your exact drawing and not a mirror image.

Prepare skin area for stencil - wash with soap and water, sterilize with an alcohol wipe

Rub a small amount of StencilStuff on the skin, spread this around until skin is damp, but not wet. - or at all shiny (wet areas will make the stencil ink run).

Place the stencil on the skin and press firmly for a minute. Remove the stencil and allow area to dry for 8 minutes. This will keep the stencil ink on the skin for longer.

Wipe the skin with alcohol again and begin poking.

7. Shake ink bottle and squeeze ink into the mini glass jar provided. Fill to the top.



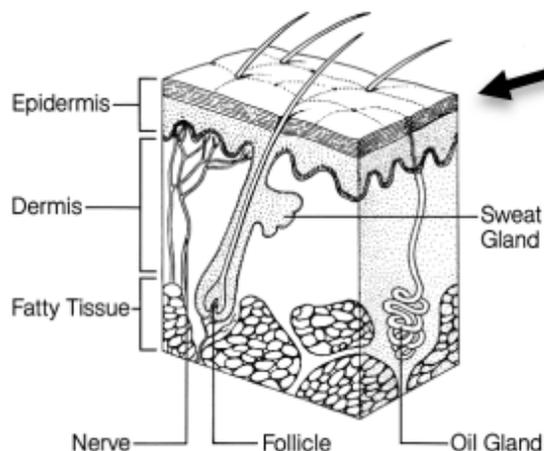
8. Use an alcohol wipe clean the skin around the area meant for the tattoo.

9. Dip tip of needle(s) into the ink.  
A little bit of ink should remain on needle(s).



10. Poke skin with amount of pressure enough to puncture only the top few layers of skin, but not enough to get through the whole thing (0.2-1.5mm, depending on skin thickness). You will feel some resistance and then a *slight* tug as you withdraw. There should NOT be much blood! Start light. Ink will not deposit if it is too light. Too deep will cause scarring/raised tattoos and ink to spread.

\* \* \* *Feel it out* \* *Stop if you suck* \* \* \*



**Warning: Do not  
poke beyond the  
skin's top layers.**

IF YOU ARE CONFUSED ABOUT THIS  
PART, PLEASE REFER TO OUR  
WEBSITE FOR HELPFUL TIPS, VIDEOS,  
ADVICE and EXAMPLES!

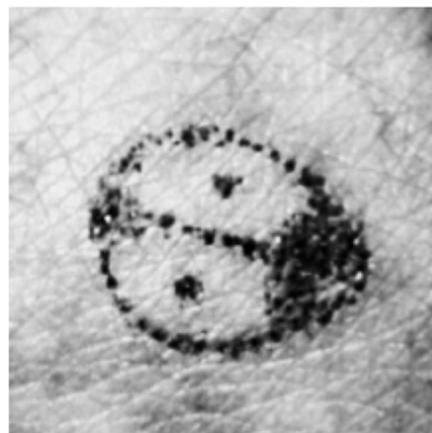
11. Clean area with a witch hazel wipe and wipes as needed to clear ink and to see the stencil. A dot of ink should remain where you poked within the skin.

*PRO TIP: Dab on some Hustle Butter to prevent ink from spreading all over the surface!*

12. Repeat #10-12 until a small tattoo is formed.

Don't touch anything else with your dirty gloved hands during this process!

13. Clean with new alcohol wipe (#2) put on some Hustle Butter and then cover the tattoo with the sterile bandage.



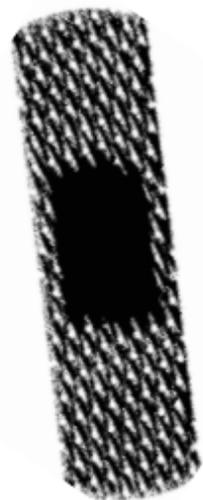
14. Put the needle back in the plastic needle package. Carefully close, and put in a plastic bottle for safe transport to your local sharps disposal facility (ask pharmacies + hospitals). See our website for more information on this process.

15. Collect all soiled items in the box provided. Remove gloves by pinching the wrist area on one glove - pull to turn it inside out half way. Then with clean side half exposed, pinch the other wrist and pull until both gloves are inside-out in a bundle. Add to the box.

16. Seal box with tape, write "Biohazard" on it and throw it into the trash. Wash hands with vigor and clean the surfaces in the area with a bleach-water solution.

17. Read *After-care* Section





care for

your

tattoo

## After-tattoo Care

- \* Replace the bandage every day for 3 days with a clean one.
- \* Keep the area clean (wash it with mild liquid soap) and moisturized (with aftercare ointment provided) for 7 days to allow successful healing.
- \* Don't go swimming (or bathe submerged) until it is healed (7-14 days)



Post-healing: Apply sunscreen before sun exposure to prevent fading.



Note: *Larger and high density tattoos will take longer to heal*

\* NEVER use the same needle or same ink for two different people.

\* Harmful bacteria will grow in used ink and on on used needles. Therefore, DO NOT re-use these later!

\* Dispose of the needle at a local sharps disposal facility.



\* Consult a physician immediately if your skin hurts, blisters, breaks out, throbs, turns red, bleeds, weeps puss or shows signs of infection or allergic reaction (rare).

some history

\* On \*

natural tattoos

More fun stuff on our website:

[StickAndPokeTattooKit.com/about-tattoos](http://StickAndPokeTattooKit.com/about-tattoos)

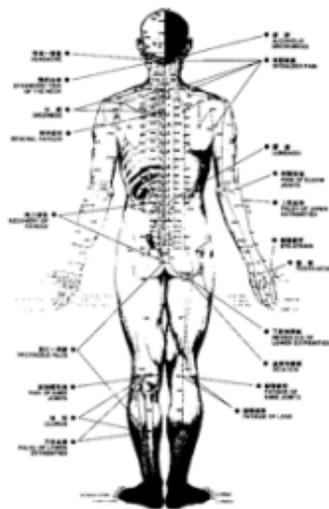
The word "tattoo" was brought to Europe by the explorer James Cook, when he returned in 1771 from his first voyage to Tahiti and New Zealand. In his narrative of the voyage, he refers to an operation called "tattaw". Before this it had been described as scarring, painting, or staining.

In ancient Egypt tattoo ink was made with smoke black (from wood or oil) mixed with breast milk. The practice was reserved for women alone, and served to protect them against complications in pregnancy and childbirth.



## Who's tattooed?

Tattooing is common in Asian history and has been a Eurasian practice at least since Neolithic times. Ötzi the Iceman, dating from the 5th to 4th millennium BC, was found in the Ötztal valley in the Alps and had some 57 carbon tattoos consisting of simple dots and lines on his lower spine, behind his left knee, and on his right ankle. These tattoos were thought to be a form of healing because of their placement, which resembles acupuncture



## Reasons for tattoos

Tattoos serve as rites of passage marks of status and rank, symbols of religious and spiritual devotion decorations for bravery, sexual lures and marks of fertility, pledges of punishment, amulets and talismans, protection, and as the marks of outcasts, slaves and convicts. The symbolism and impact of tattoos varies in different places and cultures.



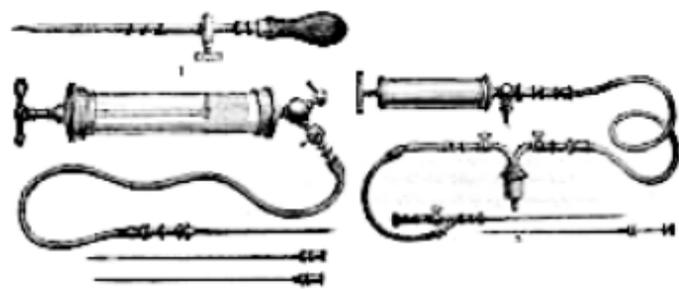
People have also been forcibly tattooed. A well-known example is the identification system for inmates in Nazi concentration camps during the Holocaust.

In the period of early contact between the Māori and Europeans, the Maori people were hunted for their moko tattoos and decapitated to provide souvenirs of the New World. Moko tattoos were facial designs worn by women and men to indicate their lineage, social position, and status within the tribe. The tattoo art was a sacred marker of identity among the Maori and also referred to as a vehicle for storing one's tapu, or spiritual being, in the afterlife.



## Modern Tattoos

- \* Sailors got bird tattoos to signify the completion of voyages. Sparrow, swallow and/or blue bird tattoos were used to signify 5,000 miles sailed.
- \* In the late eighteenth and early nineteenth centuries tattoos were as much about self expression as they were about having a unique way to identify a sailor's body should he be lost at sea or impressed by the British navy.
- \* Mattel released a tattooed Barbie doll in 2011, which was widely accepted, although it did attract some controversy.
- \* In 2012, tattooed women outnumbered men for the first time in American history - according to a Harris poll, 23% of women in America had tattoos in that year, compared to 19% of men.



The website is regularly  
updated with helpful info:

[StickAndPokeTattooKit.com/BLOG](http://StickAndPokeTattooKit.com/BLOG)

stick & poke  
tattoo kit.com

Congrats!

After buying this starter kit, you are now eligible to get inks & needles from us in the form of the *Expert Kit*:

- Many needles\* (& more sizes!)
- Unlimited inks (& many colors)\*+
- Aftercare balm\*+
- Medical covering\* & Ink Jar\*^+
- StencilStuff & Stencil paper +\*

\*professional & sterile supply

+vegan & made in the USA

^recyclable

Check out our  
website for  
deets!

POKE  
SAFELY

