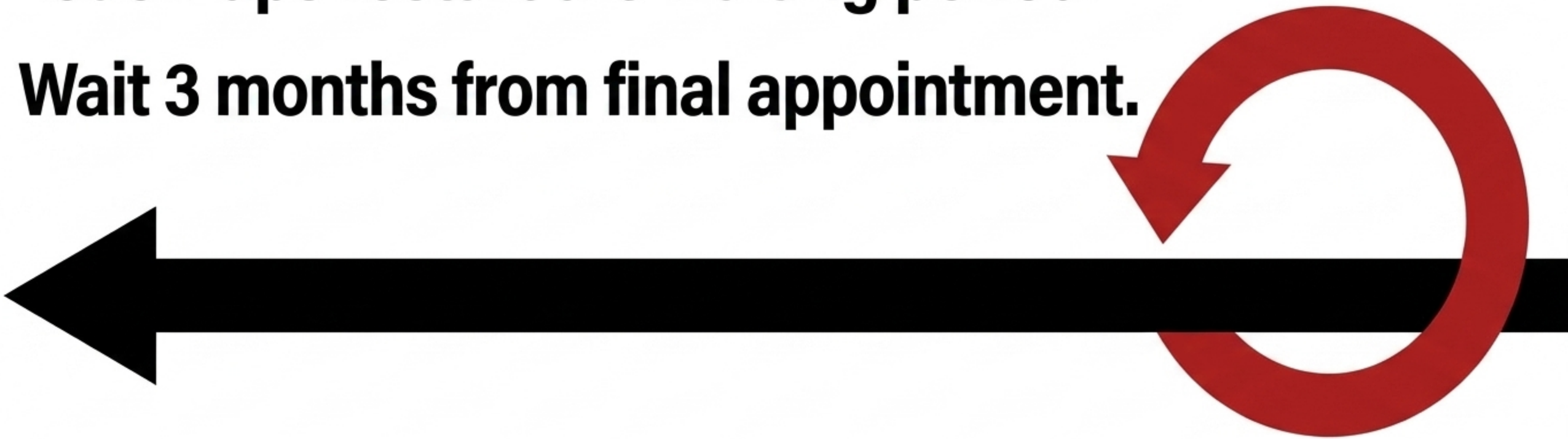
The clock resets every session.

Touch-ups restart the waiting period.

Wait 3 months from final appointment.



Any procedure breaking the skin resets the donation deferral timeline.

Multi-session tattoos delay blood donation eligibility.