Studio / stamp

Health questionnaire and consent to tattooing

Client details

Full name

Date of birth

Phone

Date

A tattoo breaks the skin thousands of times and places pigment permanently into the dermis. We ask only about things that change how we work or how you heal. Each group of questions says why we are asking — if anything is unclear, ask before you sign.

When we will not tattoo at all

- Being under 18 — this studio tattoos adults only
- Inflammation, infection, an open wound or irritated skin at the site
- Fever or a systemic infection on the day
- An uncontrolled bleeding disorder
- Being under the influence of alcohol or drugs
- Not being able to give informed consent

When we need to talk first — and often need your doctor's agreement

- Pregnancy and breastfeeding
- Diabetes, particularly if poorly controlled — slower healing and higher infection risk
- Treatment that suppresses immunity: systemic steroids, biologics, chemotherapy
- Psoriasis, lichen planus, vitiligo — injuring the skin can trigger the condition at the tattoo site (Koebner phenomenon)
- A tendency to form keloid or hypertrophic scars
- Epilepsy and a tendency to faint
- Medication that affects blood clotting
- Moles and skin lesions at the site — a tattoo makes them impossible to monitor afterwards

Please answer truthfully. Answering yes rarely means we refuse — it means we talk it through first and adjust how we work. Withholding information puts you at risk more than anyone.

1. BLOOD CLOTTING

A tattoo is thousands of micro-punctures. Excessive bleeding washes pigment out and spoils the result.

Do you take medication that affects blood clotting — anticoagulants or antiplatelets (e.g. warfarin, rivaroxaban, apixaban, clopidogrel, low-dose aspirin)? ☐ Yes ☐ No

If yes — which medicine and what dose?

Have you been diagnosed with a clotting disorder, or do you bleed noticeably longer than others after a cut? ☐ Yes ☐ No

2. HEALING AND IMMUNITY

A fresh tattoo is a wound. How fast it closes decides your infection risk.

Do you have diabetes? ☐ Yes ☐ No

If yes — is it well controlled, and how long have you been treated?

Do you take medication that suppresses your immune system — systemic steroids, biologics, cancer treatment? ☐ Yes ☐ No

If yes — what treatment?

In the last three months, have you had surgery, a serious illness or a period of recovery? ☐ Yes ☐ No

3. REACTIONS TO PIGMENT AND MATERIALS

Pigment stays in your skin for good. An allergic reaction to implanted pigment cannot simply be washed off.

Have you ever reacted to a cosmetic, hair dye, henna, permanent make-up or a previous tattoo — itching, a rash, swelling, or raised areas within the tattoo? ☐ Yes ☐ No

If yes — what caused it and what did it look like?

Are you allergic to latex, nickel, antiseptics or adhesive dressings? ☐ Yes ☐ No

If yes — to what?

4. HOW YOUR SKIN SCARS

In some people skin responds to injury by overgrowing, or by flaring a skin condition exactly where it was hurt.

After cuts, surgery or piercings, do you form raised scars that spread beyond the original wound (keloids)? ☐ Yes ☐ No

Do you have psoriasis, lichen planus or vitiligo? ☐ Yes ☐ No

5. DURING THE SESSION

Sessions are long and painful. We need to know what to expect.

Do you have epilepsy, or do you faint or feel faint — including at the sight of needles or blood? ☐ Yes ☐ No

Are you pregnant or breastfeeding? ☐ Yes ☐ No

In the last 24 hours, have you drunk alcohol or taken recreational drugs? ☐ Yes ☐ No

6. THE SKIN WHERE THE TATTOO GOES

This is about that particular patch of skin, not your general health.

Are there moles, freckles, scars or other skin lesions where the tattoo will go?	☐ Yes	☐ No
Is the skin there freshly tanned, sunburnt, or recently exposed to a sunbed?	☐ Yes	☐ No
Is there any irritation, inflammation or infection at the site right now?	☐ Yes	☐ No

7. ANYTHING WE HAVEN'T ASKED

Is there anything else about your health or medication we should know before we start?

_____

_____

☐ AGE AND ID: I confirm that I am 18 years of age or older and have shown valid photo ID on request. Danish law prohibits tattooing anyone under 18 without exception — no form of parental or guardian consent can lift this ban (§ 10(1) of the Tattooing Act, Tatoveringslov, LOV nr. 695 of 8 June 2018). This studio does not tattoo minors under any circumstances.

I declare that I am of legal age and that all information provided in this form is true and complete. I have been given the written information about the risks of tattooing that the studio must provide before the procedure (§ 8 of the Tattooing Act) — including pain, swelling, bruising, infection, allergic reaction, scarring and variation in the healed result — and I have had the opportunity to ask questions. I understand that a tattoo is permanent and that removal is difficult, costly and rarely complete. The inks used comply with Annex XVII to the REACH Regulation as amended by Regulation (EU) 2020/2081. This studio is registered as a tattooing premises under the Tattooing Act (Tatoveringslov). I have read and accept the studio's terms of sale, including its deposit and cancellation policy.

GDPR NOTICE — The data controller for your personal data is _____, registered at _____, CVR no.: _____. Your personal data is processed to perform the service you have requested (Article 6(1)(b) GDPR). Because it is necessary for the safety of the treatment to obtain information about your health, this data is processed on the basis of your explicit, voluntary consent (Article 9(2)(a) GDPR). Your data will be kept for as long as liability could arise from the service and, in any event, for 5 years from the end of the calendar year in which the service was performed; this period is set with reference to the general 3-year limitation period under section 3 of the Danish Limitation Act (forældelsesloven, LBK no. 1238 of 9 November 2015), and remains well within its absolute 30-year cap for personal-injury claims. Keeping documentation to establish, exercise or defend a legal claim is permitted under Article 17(3)(e) GDPR. You have the right to access, rectify, erase and restrict your data, to object to its processing, to data portability, and the right to lodge a complaint with the Danish Data Protection Agency (Datatilsynet). Providing health data is voluntary, but necessary to carry out the treatment safely.

Date _____ Client signature (consent and health questionnaire) _____

Aftercare Instructions and GDPR (Tattoo)

> AFTERCARE — a fresh tattoo is a wound and needs the same attention as any other wound until it has healed. The advice below is split into three periods: the first hours, the following weeks, and what to avoid until healing is complete.

1. THE FIRST HOURS: take the dressing off after 1–3 hours. Wash the tattoo with lukewarm water and a mild antibacterial soap, pat it dry with a clean towel (do not rub) and apply a thin layer of tattoo aftercare cream (e.g. Bepanthen or another panthenol-based cream).

2. THE NEXT 2–4 WEEKS: apply the cream 3–4 times a day — a thin layer, so the skin can breathe. Avoid both extremes: letting it dry out and soaking it for long (a bath, a very long shower).

3. THE SKIN HEALS ITSELF — do not help it with your nails: do not scratch the tattoo or pick at scabs or peeling skin. A scab pulled off takes pigment with it and leaves a permanent scar in that spot.

4. UNTIL HEALING IS COMPLETE (4–6 weeks) avoid swimming pools, the sea, lakes, saunas, sunbeds and unprotected sunbathing. Whenever the tattooed area is in the sun, use SPF 50+ — even after it has healed.

5. WHEN TO CALL STRAIGHT AWAY: increasing swelling, a high temperature, an unpleasant smell from the wound or obvious discharge are not something to wait on until morning — contact a doctor (112 in an emergency) straight away, and let the studio know.

6. THE LIMITS OF CERTAIN AREAS: the skin on the hands, feet, elbows and knees wears faster than the rest of the body because of how it is built, whatever the quality of the work — so pigment there fades more noticeably over time. If you want a refresh session later, it is priced separately, because it is not correcting a fault but the natural course of things in that part of the body. This does not affect your statutory consumer rights.

- [ ] I have read the aftercare instructions, understand them and undertake to follow them
- [ ] I confirm that the design, size and placement of the tattoo on my body were carried out in line with my instructions and my prior approval

Client remarks (optional)

- [ ] *I consent to the processing of my personal data contained in this form for the purpose of performing the service and keeping records of it (mandatory consent)*
- [ ] *I consent to being contacted for marketing purposes (newsletter, promotions) — this is a voluntary consent that can be withdrawn at any time*
- [ ] *MARKETING CONSENT: I give my voluntary, unpaid consent for _____ to use and publish photographs of the completed treatment (without showing my face or any identifying details) for promotional purposes, on the studio's official social media profiles (including Instagram and Facebook) and on its website. I can withdraw this consent at any time.*

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Date

Client signature (receipt of aftercare instructions, GDPR and acceptance of the finished work)