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. Finnish law has no tattoo-specific minimum age; under general civil law (the Guardianship Services Act, laki holhoustoimesta 442/1999, section 24) a tattoo is not the kind of everyday, minor transaction a minor can enter into alone, so a guardian could in principle consent instead — but this studio does not accept guardian consent as a substitute
- 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?

☐ I confirm that I am aged 18 or over and that I have produced photographic ID (passport, driving licence or Finnish identity card) on request, in line with this studio's strict 18+ policy

I confirm that I am 18 or over and that everything I have written on this form is true and complete. The risks of tattooing — including pain, swelling, bruising, infection, allergic reaction, scarring and variation in the final appearance of the healed tattoo — have been explained to me and I have had the chance to ask questions. I understand that a tattoo is permanent and that removal is difficult, expensive and rarely complete. I understand and accept the studio's terms of purchase, including the deposit and cancellation terms. I have been told that the inks used comply with the EU restriction on substances in tattoo inks and permanent make-up (Annex XVII of the REACH Regulation, as amended by Regulation (EU) 2020/2081). Nothing in this form removes my statutory consumer rights under the Consumer Protection Act (kuluttajansuojalaki, 38/1978).

GDPR NOTICE — The data controller for your personal data is _____, registered address: _____, Business ID (Y-tunnus): _____. Your personal data is processed in order to provide the service you have booked (Article 6(1)(b) GDPR). Because we need to know about your health to carry out the procedure safely, that information is special category data and we process it only on the basis of your explicit, freely given consent (Article 9(2)(a) GDPR), together with the safeguards required by the Finnish Data Protection Act (tietosuojalaki, 1050/2018). We keep your records for 3 years from the end of the calendar year in which the service was provided, reflecting the general limitation period under the Act on the Statute of Limitations for Debts (laki velan vanhentumisesta, 728/2003, section 4); whether a different starting point applies to a specific personal-injury claim under that Act is still being confirmed with Finnish counsel, so this period may be extended where a claim has been notified. You have the right to access, rectify or erase your data, to restrict or object to processing, to data portability, and to lodge a complaint with the Office of the Data Protection Ombudsman (tietosuoja.fi). Providing health information is voluntary, but without it we cannot carry out the procedure 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 any statutory consumer rights you may have.

- [ ] I have read and understood the aftercare instructions and agree to follow them
- [ ] I confirm that the design, size and placement of the tattoo were carried out according to my instructions and prior approval

Client comments (optional)

- [ ] *I consent to the processing of my personal data given on this form for the purpose of providing the service and keeping the required records (this consent is necessary for us to proceed)*
- [ ] *I agree to be contacted for marketing purposes (newsletter, offers) — this consent is voluntary and I can withdraw it at any time*
- [ ] *MARKETING CONSENT: I give my free and unpaid consent for _____ to use and share photographs of my completed tattoo (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 may withdraw this consent at any time.*

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Date

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