Studio / stamp

Health questionnaire and consent to piercing

Client details

Full name

Date of birth

Phone

Date

A piercing is a wound with a foreign object left permanently inside it. It heals over weeks, and in cartilage it can take well over a year. We ask about what affects healing, what jewellery material is safe for you, and whether the procedure itself is safe today.

When we will not pierce at all

- Being under 18 without a parent or guardian present and their written consent
- Inflammation, infection, an unhealed wound or a skin lesion 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
- Nipple and intimate piercings for anyone under 18 — we perform these on adults only

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

- A confirmed metal allergy — this decides the jewellery material (implant-grade titanium, surgical steel, gold)
- A tendency to form keloids — especially with cartilage piercings
- Diabetes and other conditions that slow healing
- Treatment that suppresses immunity: steroids, biologics, chemotherapy
- A heart valve defect, prosthetic valve or previous infective endocarditis — needs to be agreed with your cardiologist
- Medication that affects blood clotting
- Pregnancy and breastfeeding — particularly nipple and navel piercings
- Autoimmune conditions during a flare
- Oral piercings where you have gum disease, thin gums or loose teeth

Please answer truthfully. Answering yes rarely rules the piercing out — more often it changes the jewellery material, the placement or the date. Withholding information puts you at risk more than anyone.

1. REACTION TO METAL

The jewellery stays inside the wound for the whole healing period. This is the first thing we need to establish.

Do you get itching, redness or a rash where jewellery, a belt buckle, a watch or a button touches your skin? ☐ Yes ☐ No

If yes — which metal, and what does it look like?

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

2. BLOOD CLOTTING

Some sites, the tongue and lip in particular, bleed heavily.

Do you take medication that affects blood clotting — anticoagulants or antiplatelets? ☐ 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

3. HEALING AND IMMUNITY

A cartilage piercing takes six months upwards to heal. For all that time it is an open route for bacteria.

Do you have diabetes? ☐ Yes ☐ No

If yes — is it well controlled?

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

Do you have an autoimmune condition (e.g. Hashimoto's, rheumatoid arthritis, lupus, Crohn's disease)? ☐ Yes ☐ No

If yes — which condition, and is it currently flaring?

4. YOUR HEART

With some heart conditions a piercing needs to be agreed with your cardiologist first, because of the risk of infective endocarditis.

Do you have a heart valve defect, a prosthetic valve, a pacemaker, or have you had infective endocarditis? ☐ Yes ☐ No

If yes — what exactly, and who looks after you?

5. HOW YOUR SKIN SCARS

Ear cartilage is where keloids form most often.

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

Has any previous piercing healed badly, become infected, or been rejected by your body? ☐ Yes ☐ No

If yes — which one and what happened?

6. DURING THE PROCEDURE

Do you faint or feel faint — including at the sight of needles or blood — or do you have epilepsy?	☐ Yes	☐ No
Are you pregnant or breastfeeding?	☐ Yes	☐ No
In the last 24 hours, have you drunk alcohol or taken recreational drugs?	☐ Yes	☐ No

7. THE SITE

Piercing site

Is there any irritation, inflammation, unhealed wound or skin lesion at the site right now?	☐ Yes	☐ No
For oral piercings: are you being treated for gum disease, or do you have loose teeth, braces, crowns or veneers?	☐ Yes	☐ No

> Oral jewellery rubs against teeth and gums. Worn long term it can wear down enamel, crack fillings and cause gum recession — this is a known and accepted risk of this type of piercing.

8. ANYTHING WE HAVEN'T ASKED

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

> I confirm that all information given in this form is accurate, and that I am sober and fully able to make this decision. Norway has no statutory minimum age for getting a piercing; the minimum age accepted by _____ and any requirement for consent from a parent or legal guardian are set by the studio's own booking policy and terms of service, not by law. This form also asks about your health, and under Norwegian data protection law you can only give valid consent to the processing of your own health information from the age of 18 — if you are under 18, your parent or legal guardian must also sign this form to consent to that processing on your behalf. I have read about the risks and contraindications, and I knowingly and voluntarily consent to having the piercing carried out.

DATA PROTECTION NOTICE — The data controller for your personal data is _____, registered address: _____, Organisasjonsnummer: _____. We process your personal data to provide the service you have booked (Article 6(1)(b) GDPR). The GDPR applies in Norway through the EEA Agreement and the Norwegian Personal Data Act (personopplysningsloven); Norwegian law lowers the general age at which a child can consent to information-society services to 13, but for special category data such as health information the age of consent remains 18 — so we process your health information on the basis of your own explicit, freely given consent only if you are 18 or older (Article 9(2)(a) GDPR); if you are younger, your parent or legal guardian must consent to that processing on your behalf. We keep your records for at least 5 years from the end of the calendar year in which the service was provided, and for longer where needed to defend a claim; under the general Norwegian limitation rules (foreldelsesloven § 9), a compensation claim becomes time-barred 3 years after you became aware, or ought to have become aware, of the harm and of who is responsible for it, subject to an absolute cut-off of 20 years after the treatment. You have the right to access, rectify or erase your data, to restrict or object to its processing, to data portability, and to complain to Datatilsynet (the Norwegian Data Protection Authority, datatilsynet.no). Providing health information is voluntary, but without it we cannot carry out the treatment safely.

Date

Client signature (consent and health questionnaire)

Aftercare Instructions and Data Protection (Piercing)

> AFTERCARE — a piercing takes anything from a few weeks to over a year to heal, depending on where it is. Most complications come not from the procedure itself but from what happens to the jewellery afterwards.

1. THE FIRST DAY: mild swelling, redness and a little bleeding are a normal response to a wound. Do not touch the piercing with bare hands — ice wrapped in a cloth eases the swelling.

2. THROUGHOUT HEALING: clean it 2–3 times a day with sterile saline (0.9% NaCl) or a dedicated piercing aftercare spray; if your piercer recommends it, a mild antiseptic is fine. Alcohol, hydrogen peroxide, povidone-iodine and soap damage healing tissue — do not use them here.

3. THE JEWELLERY STAYS PUT: do not twist or turn it — it is common advice, but turning it tears the newly forming tissue and lengthens healing. The jewellery moves by itself when it is wet, and that is enough. Leave any change of jewellery to your piercer, and only once the piercing has fully healed — taking it out earlier, even for a few hours, can close a channel that took months to form.

4. UNTIL HEALING IS COMPLETE avoid swimming pools, the sea, lakes and saunas — chlorinated, salt and thermal water carries bacteria and substances that damage a healing channel.

5. SIGNS THAT MEAN CALLING STRAIGHT AWAY — contact your piercer or a doctor (113 in a medical emergency) if you notice: pain that gets worse after the fourth day, a temperature above 38 °C, thick yellow-green discharge, redness spreading into the surrounding skin, or severe swelling that grows after the third day instead of going down.

- [ ] I have read the aftercare rules — cleaning with saline, no alcohol, hydrogen peroxide or povidone-iodine, no twisting and no changing the jewellery myself — and I agree to follow them
- [ ] I agree to avoid swimming pools, the sea, lakes and saunas for the whole healing period
- [ ] I know the warning signs listed above and I agree to contact the studio or a doctor if they appear

Client comments / additional questions for the piercer (optional)

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

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Date

Client signature (receipt of aftercare instructions, data protection and acceptance of the work)