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?

I confirm that all information given in this form is accurate. Norway has no statutory minimum age for getting a tattoo; 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 associated with the procedure and the terms of purchasing this service, and I accept them in full.

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 (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 (113 in a medical 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 the aftercare instructions, I understand them, and I agree to follow them
- [ ] I confirm that the design, size and placement of the tattoo on my body were carried out according to my instructions and initial approval

Client comments (optional)

- [ ] *I consent to the processing of my personal data given in 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, 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)