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 declare that I meet this studio's age policy for this treatment, or — if I am a minor — that my legal guardian (vårdnadshavare) has given consent to this treatment in accordance with their parental responsibility under Chapter 6, Section 11 of the Föräldrabalk (1949:381). I am sober and fully able to make this decision. I have read the risks and contraindications, all information given in this form is true, and I knowingly and voluntarily consent to the piercing being performed.

> GDPR NOTICE — The data controller for your personal data is _____, registered address: _____, organisationsnummer: _____. Your personal data is processed in order to perform the service (Article 6(1)(b) GDPR). Because information about your state of health is necessary for the safety of the treatment, we process that data on the basis of your explicit, freely given consent (Article 9(2)(a) GDPR). Your data will be kept for 10 years from the end of the calendar year in which the service was performed, corresponding to the general limitation period for civil claims under Section 2 of the Preskriptionslag (1981:130); retaining 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 and to data portability, and the right to lodge a complaint with the Integritetsskyddsmyndigheten (IMY). Providing health data is voluntary but necessary to carry out the treatment safely.

Date

Client signature (consent and health questionnaire)

Aftercare Instructions and GDPR (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 (112 in an 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

> In accordance with HSLF-FS 2025:62, before the treatment you were informed of the health risks involved, and this written notice — covering (a) the special aftercare required, (b) how to handle the pierced area, and (c) who to contact in case of complications — is given to you after the treatment, as required by that regulation.

Client remarks / further questions for the piercer (optional)

- [ ] *I consent to the processing of my personal data for the purpose of performing the piercing service and archiving the documentation (mandatory consent)*
- [ ] *I consent to being contacted for marketing purposes (newsletter, promotions) — voluntary consent, which I may withdraw at any time*
- [ ] *MARKETING CONSENT: I give my voluntary, free-of-charge consent for _____ to use and publish photos of the completed treatment (without showing my face or other 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 (receipt of aftercare instructions, GDPR and acceptance of the work)