



FITZPATRICK SKIN TYPE QUIZ

Name: _____ Date: _____
 Address: _____ Date of Birth: _____
 City, State, ZIP Code: _____ Phone #: _____

This information will help our office better evaluate your skin type so the laser treatment will be more effective. Skin type is often categorized according to the Fitzpatrick skin type scale, which ranges from very fair (skin type 1) to very dark (skin type 6). The two main factors that influence skin type and the treatment program devised by your practitioner are:

- Genetic disposition
- Reaction to sun exposure
- Tanning habits

Skin type is determined genetically and is one of the many aspects of your overall appearance, which also includes the color of your eyes, hair, etc. The way your skin responds to sun exposure is another way of correctly assessing your skin type. Recent tanning, whether by the sun or an artificial tanning booth, even tanning creams, can have a major impact on your skin color evaluation.

By using the information you provide on this form, we can be better prepared to provide you with the best care. Please take a few minutes to fill out this questionnaire.

MARK 0 THROUGH 4 FOR EACH QUESTION

Genetic Disposition

SCORE	0	1	2	3	4
Your Eye Color	Light Blue, Grey, Green	Blue, Grey, Green	Blue	Dark Brown	Brownish Black
Natural Hair Color	Sandy, Red	Blonde	Chestnut/Dark	Dark Brown	Black
Color of Non-Exposed Skin	Reddish	Very Pale	Pale with Beige Tint	Light Brown	Dark Brown
Do you have freckles on non-exposed areas?	Many	Several	Few	Incidental	None

Score for genetic disposition: _____

Reaction to Sun Exposure

SCORE	0	1	2	3	4
What happens when you stay in the sun for too long?	Painful, redness, blistering, and peeling	Blistering followed by peeling	Burns sometimes followed by peeling	Rarely burns	Never burns
To what degree do you turn brown?	Hardly or not at all	Light color tan	Reasonable tan	Tans easily	Turns dark brown quickly
Do you turn brown within several hours of sun exposure?	Never	Sometimes	Seldom	Often	Always
How does your face react to the sun?	Very Sensitive	Sensitive	Normal	Very resistant	Never had a problem

Score for reaction to sun exposure: _____

Tanning Habits

SCORE	0	1	2	3	4
When did you last expose your body to the sun, tanning booths or tanning creams?	More than 3 months ago	2 -3 months ago	1 - 2 months ago	Less than 1 month ago	Less than 2 weeks ago
Did you expose the area to be treated to the sun?	Never	Hardly ever	Sometimes	Often	Always

Score for tanning habits: _____

SUMMARY

Add up the total scores for each section for your skin type score to give you a better evaluation of your skin type.

- _____ Total score for Genetic Disposition
- _____ Total score for Reaction to Sun Exposure
- _____ Total score for Tanning Habits
- _____ **Skin Type Total Score**

SKIN TYPE SCORE	FITZPATRICK SKIN TYPE
0 -7	I
8 - 16	II
17 - 25	III
26 - 30	IV
Over 30	V - VI

Which of the following best describes your skin type? **Please check (/ or ✓) one:**

- | | |
|---|---|
| <input type="checkbox"/> Always burn, never tan | <input type="checkbox"/> Always burn, sometimes tan |
| <input type="checkbox"/> Sometimes burn, tan somewhat | <input type="checkbox"/> Rarely burn, tan with ease |
| <input type="checkbox"/> Moderately pigmented, tans very easily | <input type="checkbox"/> Deeply pigmented, never burn |

Ethnic background is of importance when considering skin color and laser hair removal. If I may know, what is your ethnic background?