

SKIN TYPE ASSESSMENT FORM

Scan/Consult/Descrip

Client: _____

Ethnic Background: _____

This information will help our office to 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 I) to very dark (skin type VI). The two main factors that influence skin type and the treatment program devised by your practitioner are:

- genetic disposition
- reaction to sun exposure and 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 to correctly assess 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.

GENETIC DISPOSITION

	0	1	2	3	4
Natural color of eyes?	Lt. Blue/Green	Blue/Gray/Green	Dark Blue/Hazel	Dark Brown	Brownish Black
Natural color of hair?	Sandy Red	Blonde	Dk. Blonde/Chestnut	Dark Brown	Black
Color of your non-exposed skin?	Reddish	Very Pale	Pale w/ Beige Tint	Light Brown	Dark Brown
Do you have freckles on unexposed skin?	Many	Several	Few	Incidental	None

SCORE _____

REACTION TO SUN EXPOSURE

	0	1	2	3	4
What happens when you are overexposed?	Red/Blistered/Peel	Blister, then peel	Burn, then peel	Rarely Burn	Never Burn
To what degree of brown do you turn?	Hardly/None	Light Color Tan	Reasonable Tan	Tan Easily	Turn Dark Brown
How brown do you turn in a couple of hours?	Never	Seldom	Sometimes	Often	Always
How does your face react to sun?	Very Sensitive	Sensitive	Normal	Very Resistant	No Problems

SCORE _____

TANNING HABITS

	0	1	2	3	4
Last Exposure to sun/tanning booth/cream?	More than 3 months	2 – 3 months	1 – 2 months	Less than 1 month	Less than 2 weeks
Did you expose the area to be treated to sun?	Never	Hardly Ever	Sometimes	Often	Always

SCORE _____

OVERALL SCORE _____

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 SCORE

SKIN TYPE SCORE

0-7
8-16
17-25
25-30
Over 30

FITZPATRICK SKIN TYPE

I
II
III
IV
V - VI