



Name _____ Date _____

Skin Type Questionnaire

TO OUR PATIENTS: 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 technician 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 color of eyes, hair, etc. The way your skin reacts to sun exposure is another important factor in correctly assessing your skin type. Recent tanning (sunbathing, artificial tanning or tanning creams) have a major impact on the evaluation of your skin color.

Help us determine your skin type and treat you the right way.

Please take a few minutes and circle your answers on this questionnaire.

GENETIC DISPOSITION:

| Score | 0 | 1 | 2 | 3 | 4 |
|---|-------------------------|------------------------|-----------------------|-------------|----------------|
| What is the color of your eyes? | Light Blue, Gray, Green | Dark Blue, Gray, Green | Blue | Dark Brown | Brownish Black |
| What is the natural color of your hair? | Sandy Red | Blonde | Chestnut/ Light Brown | Dark Brown | Black |
| What is the color of your skin (non-exposed areas)? | Reddish | Very Pale | Pale with Beige Tint | Light Brown | Dark Brown |
| Do you have freckles on unexposed areas? | None | Incidental | Few | Several | Many |

Total Score for Genetic Disposition

REACTION TO SUN EXPOSURE:

| Score | 0 | 1 | 2 | 3 | 4 |
|--|--------------------------------------|--------------------------------|--------------------------------------|---------------|-------------------------|
| What happens when you expose your skin to the sun for more than an hour? | Painful redness, blistering, peeling | Blistering followed by peeling | Burns some-times followed by peeling | Rarely burns | Never had burns |
| To what degree do you turn brown? | Hardly or not at all | Light color tan | Reasonable tan | Tan very easy | Turn dark brown quickly |
| Do you turn brown within several hours after sun exposure? | Never | Seldom | Sometimes | Often | Always |
| How does your face react to sun exposure? | Very Sensitive | Sensitive | Normal | Resistant | Very Resistant |

Total Score for Reaction to Sun Exposure

TANNING HABITS:

| Score | 0 | 1 | 2 | 3 | 4 |
|--|------------------------|----------------|----------------|-----------------------|-----------------------|
| When did you last expose the area to be treated to sun, artificial sunlamp or tanning cream? | More than 3 months ago | 2-3 months ago | 1-2 months ago | Less than a month ago | Less than 2 weeks ago |
| Did you expose the area to be treated to the sun? | Never | Hardly Ever | Sometimes | Often | Always |

Total Score for Tanning Habits

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SUMMARY: Add up the total scores for each of the three sections for your Skin Type Score. This will 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

YOUR FITZPATRICK SKIN TYPE:

| Skin Type Score | Fitzpatrick Skin Type |
|-----------------|-----------------------|
| 0-7 | I |
| 8-16 | II |
| 17-25 | III |
| 25-30 | IV |
| Over 30 | V-VI |