

## Fitzpatrick Skin Type Quiz

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 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 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**

| <b>Score</b>                             | <b>0</b>                | <b>1</b>            | <b>2</b>             | <b>3</b>    | <b>4</b>       |
|--|-------------------------|---------------------|----------------------|-------------|----------------|
| Your eye color?                          | Light blue, gray, green | Blue, gray or green | Blue                 | Dark Brown  | Brownish Black |
| Natural color of hair?                   | Sandy, red              | Blonde              | Chestnut/Dark Blonde | Dark Brown  | Black          |
| Color of non-exposed skin?               | Reddish                 | Very pale           | Pale w/Beige tint    | Light Brown | Dark Brown     |
| Do you have freckles on unexposed areas? | Many                    | Several             | Few                  | Incidental  | None           |

**Total score for genetic disposition: \_\_\_\_\_**

#### **Reaction to Sun Exposure**

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

**Total score for reaction to sun exposure: \_\_\_\_\_**

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**Tanning Habits**

| <b>Score</b>   | <b>0</b>               | <b>1</b>       | <b>2</b>       | <b>3</b>                | <b>4</b>              |
|--|------------------------|----------------|----------------|-------------------------|-----------------------|
| When did you last expose Your body to sun or Tanning booth/creams? | More than 3 Months ago | 2—3 months ago | 1—2 months ago | Less than one 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:** \_\_\_\_\_

**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**

**Your Fitzpatrick skin type:**

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

Name: \_\_\_\_\_ Date: \_\_\_\_\_

**Which of the following best describes your skin type? Please circle one:**

1. Always burn, never tan
2. Always burn, sometimes tan
3. Sometimes burn, tan somewhat
4. Rarely burn, tan with ease
5. Moderately pigmented, tans very easily
6. Deeply pigmented, never burn

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

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