

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 (sun bathing, artificial tanning or tanning creams) have a major impact on the evaluation of your skin color.

So 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	Blond	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 sometimes followed by peeling	Rarely burns	Never had burns

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SCORE	0	1	2	3	4
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 (include last question on p.1)

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

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