

Fitzpatrick Skin Type Quiz

Name: _____

Date: _____

This information will help our office better evaluate your skin type so treatments 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).

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. Circle each answer and total each table.

Genetic Disposition:

Score	0	1	2	3	4
Eye color?	Light Blue, Gray	Blue, Gray or Green	Blue	Dark Brown	Brownish Black
Natural hair color?	Sandy, Red	Blonde	Chesnut/Dark Blonde	Dark Brown	Black
Natural skin color (before sun exposure)?	Reddish	Very Pale	Pale w/ Beige Tint	Light Brown, Olive	Dark Brown
How many freckles do you have on unexposed areas of your skin?	Many	Several	Few	Incidental	None

Total score for genetic disposition: _____

Reaction to Sun Exposure:

Score	0	1	2	3	4
What happens when you stay in the sun too long?	Painful redness, blistering, peeling	Blistering followed by peeling	Burns sometimes folowed by peeling	Rarely Burns	Never Burns
How deeply do you tan?	Hardly or not at all	Light color tan	Reasonably tan	Tans easily	Turns dark brown quickly
Does your skin tan?	Never	Seldom	Sometimes	Often	Always
How does your face react to the sun?	Very Sensitive	Sensitive	Normal	Very resistant	Never had a problem

Total score for reaction to sun exposure: _____

Tanning Habits:

Score	0	1	2	3	4
When did you last expose your body to the sun (via tanning beds, self-tanning creams, or sun-bathing)?	More than 3 months ago	2-3 months ago	1-2 months ago	Less than one month ago	Less than 2 weeks ago
Do you intentionally expose the area to be treated to the sun (via tanning beds, self-tanning creams, or sun-bathing)?	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:

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

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

For office use only:

Treatment By: _____

Energy Level: _____

Number of shots: _____

Patient Discomfort level: **Mild** **Moderate** **Severe** _____/10

Additional notes: _____