

# 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.

## 1. Genetic Disposition:

Score	0	1	2	3	4
<b>Your eye color?</b>	Light Blue, Gray	Blue, gray, green	Blue	Dark brown	Brownish black
<b>Your natural hair color?</b>	Sandy, red	Blond	Chestnut, dark blonde	Dark brown	Black
<b>Color of non-sun exposed skin?</b>	Reddish	Very pale	Pale with beige tint	Light brown	Dark brown
<b>Do you have freckles on non-sun exposed areas</b>	Many	Several	Few	Incidental	None

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

## 2. Reaction to Sun Exposure:

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

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

**3. Tanning Habits:**

Score	0	1	2	3	4
<b>When did you last expose your body to sun or a tanning booth or tanning cream?</b>	More than 3 months ago	2-3 months ago	1-2 months ago	Less than one month ago	Less than 2 weeks ago
<b>Did you expose the area to be treated to the sun?</b>	Never	Hardly ever	Sometimes	Often	Always

**Total score for tanning habits:** \_\_\_\_\_

**Summary:**

Add up the total scores for each section to get your skin type score.

\_\_\_\_\_ 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 treatments. If known what is your ethnic background?

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