

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

Total score for genetic disposition: _____

2. 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 followed by peeling	Rarely burns	Never burns
To What degree do you turn brown?	Hardly or not at all	Light color tan	Reasonable tan	Tans easily	Turns dark 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 problem

Total score for reaction to sun exposure: _____

3. Tanning Habits:

Score	0	1	2	3	4
When did you last expose your body to sun or a tanning booth or tanning cream?	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 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?
