



## Skin Typing Questionnaire

This information will help us better evaluate your skin type so your laser treatment will be more effective. Skin type is categorized according to the Fitzpatrick skin type scale. The scale ranges from very fair skin (type I) to very dark skin (type VI). The main factors that determine skin type are: genetic disposition, reaction to sun exposure, and tanning habits.

Please take a few minutes to fill out this questionnaire prior to your laser/peel treatment.

### Genetic Disposition

	0	1	2	3	4
Natural eye color	light blue, green, gray	blue, gray, green	blue	dark brown	brownish black
Natural hair color	sandy, red	blonde	chestnut, dark blonde	dark brown	black
Non-exposed skin color	reddish	very pale	pale with beige tint	light brown	dark brown
Freckles on unexposed areas	many	several	few	incidental	none

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

## Reaction to Sun Exposure

	0	1	2	3	4
What happens when you stay too long in the sun?	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	tan very easy	turn dark brown quickly
Do you turn brown within several hours after sun exposure?	never		pale with beige tint	light brown	dark brown
How does your face react to the sun?	many	several	few	incidental	none

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

## Tanning Habits

	0	1	2	3	4
When did you last expose your body to sun or tanning booth/cream?	More than 3 months ago	2 to 3 months ago	1 to 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:

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

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

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