



## **SKIN TYPE EVALUATION**

This information will help our office to better evaluate your skin type so the laser treatment and intense pulse light treatment will be more effective. 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 influencing skin type and the treatment program devised by your practitioner 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. The way your skin responds to sun exposure is another way of correctly assessing your skin type. Recent tanning, whether by the sun or an artificial tanning booth, even tanning creams, can have a major impact on your skin type evaluation.

By using the information, you provide on this form, we can better provide you with the best care. Please complete the questionnaire by circling the correct answer under the number.

### ***Genetic Disposition***

Score	0	1	2	3	4
Your natural eye color	Light blue, green, gray	Blue, green, gray	Light brown	Dark brown	Brownish/black
Your natural hair color	Sandy, red	Blonde	Chestnut/Dark brown	Dark brown	Black
Color of unexposed skin	Reddish	Very pale	Pale w/ beige tint	Light brown	Dark brown
Do you have freckles?	Many	Several	Few	Incidental	None

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

### ***Reaction to Sun Exposure***

Score	0	1	2	3	4
What happens if you stay in 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	Tan very easily	Turn dark brown easily
Do you turn brown several hours after exposure to sun?	Never	Seldom	Sometimes	Often	Always
How does your face react to sun?	Very sensitive	Sensitive	Normal	Very resistant	Never had a problem

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

*Dr. Josep Goncalves*  
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**Tanning Habits**

Score	0	1	2	3	4
When did you last expose your body to sun or tanning booth?	More than 3 months ago	2-3 months ago	1-2 months ago	Less than 1 month ago	Less than 2 weeks ago
Have you exposed the area to be treated to sun or tanning booth?	Never	Hardly ever	Sometimes	Often	Always

Total Score for tanning habits \_\_\_\_\_

**Summary-Total Scores**

\_\_\_\_\_ Genetic Disposition

\_\_\_\_\_ Reaction to Sun Exposure

\_\_\_\_\_ Tanning Habits

\_\_\_\_\_ Skin Type Score

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

Your Fitzpatrick Skin Type \_\_\_\_\_

Name \_\_\_\_\_

Date \_\_\_\_\_

Comments:

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