



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. Josef 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:
