

## Fitzpatrick Skin Type Worksheet

We must consider your skin type when planning your treatment program. Skin type is categorized according to the Fitzpatrick skin type scale. So, help us determine your skin type so we can treat your skin perfectly! Please take a few minutes to fill out this questionnaire to determine your skin type.

Circle the answer to each question and write the corresponding number (0-4) in the box on the left. At the end of the quiz, add up all the numbers and determine the corresponding skin type.

Name:		Date:				
Score		0	1	2	3	4
	What is the color of your eyes?	Light Blue, Gray or Green	Blue, Gray, or Green	Blue	Dark Brown	Brownish Black
	What is your natural hair color?	Sandy Red	Blond	Chestnut, Dark Blond	Dark Brown	Black
	What is the color of your unexposed skin?	Reddish	Very Pale	Pale with Beige Tint	Light Brown	Dark Brown
	Do you have Freckles on Sun exposed areas?	Many	Several	Few	Incidental	None
	What happens when you stay in the sun too long?	Painful Redness, Blistering, Peeling	Blistering Followed	Burns sometimes followed by Peeling	Rare Burns	Never had Burns
	To what degree do you turn Brown?	Hardly or Not at all	Light color Tan	Reasonable Tan	Tan Very Easily	Turn Dark Brown Quickly
	Do you turn brown several hours after sun exposure?	Never	Seldom	Sometimes	Often	Always
	How does your face respond to the Sun?	Very Sensitive	Sensitive	Normal	Very Resistant	Never had a Problem
	When did you last expose yourself to a sun tanning bed or self-tanning creams?	More than 3 Months ago	2-3 Months ago	1-2 Months ago	Less Than 1 Month ago	Less than 2 Weeks ago
	Do you expose the area to be treated to the sun?	Never	Hardly Ever	Sometimes	Often	Always
Your Total Score:	Score 0-7 8-16 17-25 26-30 Over 30	Fitzpatrick Skin Type: I II III IV V-VI				