

FITZPATRICK SKIN TYPING

Please give rate yourself in each of the categories, and add up the numbers in each section. The sum of all the numbers will give you your score, which is translated into your Fitzpatrick Skin Type, which impacts scarring and skin treatments.

YOUR NAME _____ **DATE** _____

GENETIC DISPOSITION SCORE

Score	0	1	2	3	4	Your Score
Eye color	Light Blue/Gray/Green	Blue/Gray/Green	Blue	Dark Brown	Brownish Black	
Natural hair color	Sandy Red	Blond	Chestnut/ Dark Blond	Dark Brown	Black	
Skin color, unexposed areas	Reddish	Very pale	Pale, light beige	Light brown	Dark Brown	
Freckles in unexposed areas	Many	Several	Few	Hardly any	None	
					TOTAL	

REACTION TO SUN EXPOSURE

Score	0	1	2	3	4	Your Score
Result of long sun exposure	Painful red blistering & peeling	Blistering, then peeling	Burn, then sometimes peeling	Rare burns	Never have burned	
How brown do you get?	Rarely or never get brown	Light shade of brown	Medium brown	I tan easily, get brown	I get a quick tan, dark brown	
I turn brown after several hours of sun	Never	Seldom	Sometimes	Often	Always	
Is your face sensitive to the sun?	Very	More than normal	Normal	Rarely sensitive	Never had a problem	
					TOTAL	

TANNING HABITS

Score	0	1	2	3	4	Your score
When was your body last Exposed to sun/sunlamp/tanning cream?	Over 3 months ago	2 - 3 months ago	1 - 2 months ago	Less than 1 month ago	Less than 2 weeks ago	
If you are planning a procedure or a treatment, do you expose the area to be treated to the sun?	Never	Hardly ever	Sometimes	Often	Always	
					TOTAL	

Add up your Totals above for a Grand Total of: _____

Circle your Grand Total Range:	0 - 7	8 - 16	17 - 25	25 - 30	Over 30
Your Fitzpatrick Skin Type is:	I	II	III	IV	V - VI