

# Skin typing assessment quiz

One of the most important factors in deciding which Laser/IPL™ (and settings) to use is your skin type. Skin typing is determined by genetics, reaction of the skin to sun exposure and tanning habits.

**WHEN IN DOUBT, CHOOSE THE HIGHER NUMBER.**

## Genetic predisposition

Score →	0	1	2	3	4	Report Score ↓
What is the color of your eyes?	Light blue, grey, green	Blue, grey or green	Blue	Dark brown	Brownish black	<input type="text"/>
What is the natural color of your hair?	Sandy red	Blond	Chestnut, dark blond	Dark brown	Black	<input type="text"/>
What is the color of your skin (non-exposed areas)?	Reddish	Very pale	Pale with beige tint	Light brown	Dark brown	<input type="text"/>
Do you have freckles on nonexposed areas?	Many	Several	Few	Incidental	None	<input type="text"/>

**Total score for genetic predisposition:**

## Reaction to sun exposure

Score →	0	1	2	3	4	Report Score ↓
What happens when you stay in the sun too long?	Painful redness, blistering, peeling	Blistering followed by peeling	Burns sometimes followed by peeling	Rare burns	Never had burns	<input type="text"/>
To what degree do you turn brown?	Hardly or not at all	Light color tan	Reasonable tan	Tan very easy	Turn dark brown quickly	<input type="text"/>
Do you turn brown within several hours after sun exposure?	Never	Seldom	Sometimes	Often	Always	<input type="text"/>
How does your face react to the sun?	Very sensitive	Sensitive	Normal	Very resistant	Never had a problem	<input type="text"/>

**Total score for reaction to sun exposure:**

## Tanning habits

Score →	0	1	2	3	4	Report Score ↓
When did you last expose your body to sun (or artificial sunlamp/self tanning cream)?	More than 3 months ago	2-3 months ago	1-2 months ago	Less than a month ago	Less than 2 weeks ago	<input type="text"/>
Did you expose the area to be treated to the sun?	Never	Hardly ever	Sometimes	Often	Always	<input type="text"/>

**Total score for tanning habits:**

**Add up the total scores for each of the three sections for your Skin Type Score:**

↓ Skin Type Score	Skin Type	Features
0-7	I	Caucasian / freckles Always burns and never tans (pale white skin)
8-16	II	Caucasian / freckles Burns easily and tans minimally (white skin)
17-25	III	Darker Caucasian Burns moderately and tans gradually (light brown skin)
25-30	IV	Mediterranean, Asian, Hispanic Burns minimally and always tans well (moderate brown skin)
Over 30	V	Middle Eastern, Latin, light-skinned black, Indian, Rarely burns and tans profusely (dark brown skin)
	VI	Never burns (deeply pigmented dark brown to black skin)

<b>Report total skin type score:</b>	.....	<b>Quiz skin type:</b>	.....	<b>Diagnosed skin type:</b>	.....
<b>Has a consent form been signed?</b> <i>(pls circle)</i>	<b>Yes / No</b>		<b>Has an additional pre-treatment compliance checklist been completed?</b> <i>(pls circle)</i>	<b>Yes / No</b>	
<b>Assessment conducted by:</b> <i>(pls print name)</i>	.....		<b>Date of assessment:</b>	..... / ..... / .....	
<b>Name of patient:</b>	.....		<b>Signature of patient:</b> <i>(I attest hereby that I have answered the above to the best of my knowledge)</i>	.....	