

## FITZPATRICK SKIN EVALUATION

Client Name \_\_\_\_\_ Date \_\_\_\_\_

(Circle the appropriate response)

	0	1	2	3	4	SCORE
What is the color of your eyes?	Light Blue Gray Light Green	Blue Gray Green	Dark Blue or Hazel	Dark Brown	Brownish Black	
What is the natural color of your hair?	Sandy or Red	Blonde	Chestnut Dark Blonde	Dark Brown	Black	
What is the color of your skin? (non-exposed areas)	Reddish	Very Pale	Pale with Beige Tint	Light Brown	Dark Brown	
Do you have freckles on unexposed areas?	Many	Several	Few	Incidental	None	
What happens when you stay in the sun too long?	Painless redness, blistering, peeling	Blistering followed by peeling	Burns sometimes followed by peeling	Rarely burn	Never had burns	
To what degree do you turn brown?	Hardly or not at all	Light color tan	Reasonable tan	Tans easily	Turns dark brown quickly	
Do you turn brown within several hours after sun exposure?	Never	Seldom	Sometimes	Often	Always	
How does your face react to the sun?	Very Sensitive	Sensitive	Normal	Very resistant	Never had a problem	
When was the last time you exposed your body to the sun, tanning bed or self-tanning cream?	More than 3 months ago	2 – 3 months ago	1 – 2 Months ago	Less than a month ago	Less than 2 months ago	
How frequently do you expose the area to be treated to the sun?	Never	Hardly ever	Sometimes	Often	Always	

The Fitzpatrick Scale (a.k.a. Fitzpatrick skin type test or Fitzpatrick phototype scale) is a numerical classification schema for the color of the skin. It was developed in 1975 by T.B. Fitzpatrick, a Harvard dermatologist as a way to classify the response of different types of skin to UV light. It remains a recognized tool for dermatologic research into skin of color.

It measures several components: Genetic Disposition, Reaction to Sun Exposure and Tanning Habits The Fitzpatrick Scale:

- Type 1 (Scores 0 - 7) White / Subject to sunburn
- Type 2 (Scores 8 - 16) Tan / Capable of tanning
- Type 3 (Scores 17 - 25) Dark / Capable of tanning
- Type 4 (Scores 25 - 30) Dark
- Type 5 - 6 (Scores over 30) Very Dark

Total Score \_\_\_\_\_