

Fitzpatrick Skin Type Quiz

Name:	Date:
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Circle the applicable score (0-4) in each quadrant below and enter the total for all scores on the right

Genetic Disposition	Eye Color <ul style="list-style-type: none"> • SCORE 0: Light Blue/Grey/Green • SCORE 1: Blue, Gray or Green • SCORE 2: Hazel or Light Brown • SCORE 3: Dark Brown • SCORE 4: Brownish Black 	Natural Hair Color <ul style="list-style-type: none"> • SCORE 0: Red or Light Blonde • SCORE 1: Blonde • SCORE 2: Dark Blond or Light Brown • SCORE 3: Dark Brown • SCORE 4: Black 	T O T A L
	Non-Exposed Skin Color <ul style="list-style-type: none"> • SCORE 0: Reddish to Ivory White • SCORE 1: Fair or Pale • SCORE 2: Fair to beige w golden undertone • SCORE 3: Olive or Light Brown • SCORE 4: Dark Brown+ 	Freckles on Non-Exposed Skin <ul style="list-style-type: none"> • SCORE 0: Many • SCORE 1: Several • SCORE 2: A Few • SCORE 3: Very Few/Incidental • SCORE 4: None 	

Circle the applicable score (0-4) in each quadrant below and enter the total for all scores on the right

Reaction to Sun Exposure	Long Sun Exposure w No Sunblock <ul style="list-style-type: none"> • SCORE 0: Always burns, blisters and peels • SCORE 1: Often burns, followed by peeling • SCORE 2: Burns moderately, sometimes peels • SCORE 3: Burns rarely, if at all • SCORE 4: Never Burns 	How deeply do you tan? <ul style="list-style-type: none"> • SCORE 0: Not at all/very little • SCORE 1: Lightly • SCORE 2: Moderately • SCORE 3: Deeply • SCORE 4: My skin is naturally dark 	T O T A L
	Does your skin tan? <ul style="list-style-type: none"> • SCORE 0: Never- I always burn • SCORE 1: Seldom • SCORE 2: Sometimes • SCORE 3: Often • SCORE 4: Always 	Face's Reaction without Sunblock <ul style="list-style-type: none"> • SCORE 0: Very Sensitive • SCORE 1: Sensitive • SCORE 2: Normal • SCORE 3: Resistant • SCORE 4: Very resistant/never a problem 	

Circle the applicable score (0-4) in both sections below and enter the total for all scores on the right

Tanning Habits	Last Exposure to Sun <ul style="list-style-type: none"> • SCORE 0: 3+ months ago • SCORE 1: 2-3 months ago • SCORE 2: 1-2 months ago • SCORE 3: < 1 month ago • SCORE 4: < 2 weeks ago 	Have you exposed the Treatment Area to Sun? <ul style="list-style-type: none"> • SCORE 0: Never • SCORE 1: Hardly Ever • SCORE 2: Sometimes • SCORE 3: Often • SCORE 4: Always 	T O T A L

Enter the combined totals for all sections ---->

Fitzpatrick Skin Type Quiz

Understanding your Results

The Fitzpatrick Scale was developed in 1975 to classify your skin type according to the amount of pigment your skin has and your skin’s reaction to sun exposure. This information can help predict your overall risk of sun damage and skin cancer. Interestingly, it is also a very commonly used scale for estimating how your skin will react to certain treatments and chemicals (so we know which treatments to embrace and which we should likely avoid/tread lightly with). It is recognized as more reliable for skin types 1-3, and gets trickier with higher Fitzpatrick and/or routine sun exposures. We’ll go over the results during your first appointment to make sure the results align with what you know of your skin behaviors.

Fitzpatrick score	Characteristics	Celebrity example
I (0-6 points): Always burns, never tans	Very pale, light blonde or red hair, light eyes	Emma Stone, Prince Harry
II (7-12 points): Almost always burns and rarely tans	White skin, blonde to light brown hair, green, gray, or blue eyes	Blake Lively, Jake Gyllenhaal
III (13-18 points): Sometimes burns and sometimes tans	Fair to beige skin, with golden undertones, brown hair, hazel or light brown eyes	Katie Holmes, Sandra Oh, Zac Efron
IV (19-24 points): Tends to tan easily and is less likely to burn	Olive/light brown skin, dark brown hair and eyes	Eva Mendes, Mariah Carey, Dev Patel
V (25-30 points): Tans easily and rarely burns	Dark brown or black hair, skin, and eyes	Beyonce, Zoe Saldana, Will Smith
VI (31+ points): Never burns	Black skin and hair, brownish black eyes	Naomi Campbell, Taye Diggs, Don Cheadle

Type	Implications for sun exposure	Implications for skin care
I & II	<ul style="list-style-type: none"> Extremely susceptible to skin damage as well as cancers like basal cell carcinoma, squamous cell carcinoma, and melanoma (the deadliest type of skin cancer) Daily hydration <u>and</u> a broad-spectrum sunscreen with SPF 30+ is critical Cover up as much as possible with a hat, sun-protective clothing, and sunglasses Seek shade <u>any time</u> you are out in the sun Check your skin head-to-toe each month Have an annual professional skin exam Tell your healthcare provider about any suspicious growths 	<ul style="list-style-type: none"> Can be prone to erythema (redness and swelling). Very sensitive to the sun Can be sensitive to mechanical exfoliants, especially post-peel or if using topical tretinoin Use caution with harsh ingredients such as benzoyl peroxide or prescription topicals
III & IV	<ul style="list-style-type: none"> Still at risk for skin damage from the sun, but less so than lighter types. Susceptible to skin damage as well as cancers like basal cell carcinoma and squamous cell carcinoma. You are also at risk for melanoma (the deadliest type of skin cancer). Very important to wear a broad-spectrum sunscreen with SPF 30+ every day Cover up with a hat, sun-protective clothing, and sunglasses Seek shade between 10 AM – 4 PM, when the sun is strongest Check your skin head-to-toe each month Have an annual professional skin exam Tell your healthcare provider about any suspicious growths 	<ul style="list-style-type: none"> Risk of post-inflammatory hyperpigmentation (dark spots on the skin) after trauma to the skin from blemishes, cuts, scrapes, chemical peels, and harsh ingredients. Your skin care professional should be educated to prep III/IV skin before any type of chemical peel / exfoliation; which may include a series of “preparatory” treatments and a specific home care routine. Proceed with caution on mechanical exfoliation.
V & VI	<ul style="list-style-type: none"> Risk of developing skin cancer is much lower, but beware of the skin cancer named acral lentiginous melanoma Acral lentiginous melanoma, a very virulent form of the disease, is more common among darker skinned people. These dark spots tend to appear on parts of the body that aren’t exposed to the sun so they can spread undetected for a long time. Should also wear a broad-spectrum sunscreen with SPF 30+ every day Cover up with a hat, sun-protective clothing, and sunglasses Seek shade between 10 AM – 4 PM, when the sun is strongest Check your skin head-to-toe each month Have an annual professional skin exam Tell your healthcare provider about any suspicious growths 	<ul style="list-style-type: none"> Avoid or exercise extreme caution if using mechanical exfoliation. Avoid resorcinol (TCA peels). More appropriate ingredients for peels include lactic, mandelic, kojic acids and arbutin. Use Vitamin C to repair cell damage. Use Vitamin A to accelerate cell turnover.

Sources: <https://www.skincancer.org/blog/are-you-at-risk-for-skin-cancer/> and <https://clinicallyclearskin.com/wp-content/uploads/2018/10/Guide-to-Fitzpatrick-skin-types-and-implications-for-your-skin.pdf>. *Self Exams Save Lives, HOW TO:* <https://www.skincancer.org/early-detection/self-exams/>