

# Skin Typing & Melanin Assessment



|                                                                                   | 0                                     | 1                              | 2                                   | 3                     | 4                       |  |
|-----------------------------------------------------------------------------------|---------------------------------------|--------------------------------|-------------------------------------|-----------------------|-------------------------|--|
| WHAT IS THE COLOR OF YOUR EYES?                                                   | LIGHT BLUE OR GRAY                    | BLUE OR GREEN                  | HAZEL OR LIGHT BROWN                | DARK BROWN            | BROWNISH BLACK          |  |
| WHAT IS THE NATURAL COLOR OF YOUR HAIR?                                           | RED OR SANDY RED                      | BLONDE                         | CHESTNUT DARK BLONDE                | DARK BROWN            | BLACK                   |  |
| WHAT IS THE COLOR OF YOU SKIN (UNEXPOSED AREAS)?                                  | REDDISH                               | VERY PALE                      | PALE WITH BEIGHT 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 BY PEELING | BURNS SOMETIMES FOLLOWED BY PEELING | RARELY BURNS          | NEVER HAD BURNS         |  |
| TO WHAT DEGREE DO YOU TURN BROWN?                                                 | HARDLY OR NOT AT ALL                  | LIGHT 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 WAS THE YOUR LAST PROLONGED EXPOSURE TO THE SUN, TANNING BED OR SELF TANNER? | 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 WITHOUT SPF?                      | NEVER                                 | HARDLY EVER                    | SOMETIMES                           | OFTEN                 | ALWAYS                  |  |
| TOTAL SKIN SCORE                                                                  |                                       |                                |                                     |                       |                         |  |

| Fitzpatrick | Skin Score |
|-------------|------------|
| I           | 0 - 7      |
| II          | 8 - 16     |
| III         | 17 - 25    |
| IV          | 25 - 30    |
| V           | Over 30    |
| VI          | 30         |

|                 |                  |
|-----------------|------------------|
| PATIENT NAME    |                  |
| DATE            |                  |
| SKIN SCORE      | (FOR OFFICE USE) |
| MELANIN READING | (FOR OFFICE USE) |

| Fitzpatrick | Melanin Reading |
|-------------|-----------------|
| I           | 1 -10           |
| II          | 11-15           |
| III         | 16-35           |
| IV          | 36-50           |
| V           | 51-75           |
| VI          | 76-100          |