

# Fitzpatrick Skin Type Evaluator



## GENETIC DISPOSITION

### What is the color of your eyes?

- 0 Light blue or light green
- 1 Blue, green or hazel
- 2 Light brown
- 3 Dark brown
- 4 Brownish black

### What is your hair's natural color?

- 0 Sandy red
- 1 Blonde
- 2 Chestnut / dark blonde
- 3 Dark brown
- 4 Black

### What is the color of your (nonexposed) skin?

- 0 Reddish
- 1 Very pale
- 2 Pale with beige tint
- 3 Light brown
- 4 Dark brown

### Do you have freckles on areas not exposed to sun?

- 0 Many
- 1 Several
- 2 Few
- 3 Incidental
- 4 None

## REACTION TO SUN EXPOSURE

### What happens when you stay in the sun too long?

- 0 Painful, redness, blistering, peeling
- 1 Blistering followed by peeling
- 2 Burn sometimes followed by peeling
- 3 Rare burns
- 4 Never burns

### To what degree do you brown?

- 0 Hardly or not at all
- 1 Light color tan
- 2 Reasonable tan
- 3 Tan very easy
- 4 Turn dark, brown quickly

### Do you turn brown within several hours after sun exposure?

- 0 Never
- 1 Seldom
- 2 Sometimes
- 3 Often
- 4 Always

### How does your face react to the sun?

- 0 Very sensitive
- 1 Sensitive
- 2 Normal
- 3 Very resistant
- 4 Never had a problem

## TANNING HABITS

### When did you last expose your face/body to the sun or artificial tanning device or tanning cream?

- 0 More than 3 months ago
- 1 2-3 months ago
- 2 1-2 months ago
- 3 Less than a month ago
- 4 Less than 2 weeks ago

### Do you wear sunscreen or protect your face every time you are outside?

- 0 Always
- 1 Often
- 2 Sometimes
- 3 Hardly ever
- 4 Never

|  | Skin Type Score | Fitzpatrick Skin Type |
|--|-----------------|-----------------------|
| <input type="checkbox"/> Total Score for Genetic Disposition               | 0 - 7           | I                     |
| <input type="checkbox"/> Total Score for Sun Exposure                      | 8 - 16          | II                    |
| <input type="checkbox"/> Total Score for Tanning Habits                    | 17 - 25         | III                   |
| <input type="checkbox"/>   | 26 - 30         | IV                    |
| <input style="border: 2px solid red;" type="checkbox"/> <b>TOTAL SCORE</b> | Over 30         | V - VI                |



# Lancer Ethnicity Scale (LES) Evaluator

- ▶ To find LES skin type, add up the four numbers that correspond to maternal and paternal grandparents' ethnicities, then divide by four.
- ▶ A higher LES score means a higher risk with treatments. No matter what, there is always risk with any treatment that requires healing.
- ▶ Knowing ancestral history will allow your provider additional information on how treatments may affect your skin. Research into family history can reveal more about skin than is on the surface.

| LES I  | LES II  | LES III  | LES IV   | LES V  |
|--|---|--|--|--|
| Extremely fair skin that burns quickly and tends toward sensitivity. Your ancestors are: <ul style="list-style-type: none"> <li>• Celtic</li> <li>• Nordic</li> <li>• Northern European</li> </ul> | Fair skin that does not burn quickly, but still wrinkles and sags and can scar easily. Your ancestors are: <ul style="list-style-type: none"> <li>• Central, Eastern, or Northern European</li> </ul> | Golden skin, possibly with olive undertones, that can scar easily or become easily inflamed. Your ancestors are: <ul style="list-style-type: none"> <li>• European Jews</li> <li>• Native American and Inuit</li> <li>• Southern European and Mediterranean</li> </ul> | Olive or brown skin that can become easily inflamed and can tend toward acne. Your ancestors are: <ul style="list-style-type: none"> <li>• Sephardic Jews</li> <li>• Central and South American Indian</li> <li>• Chinese, Korean, Japanese, Thai, and Vietnamese</li> <li>• Filipino and Polynesian</li> <li>• Southern European and Mediterranean</li> <li>• Southeast Asian*</li> </ul> | Black skin that can react to irritation with discoloration or texture changes. Your ancestors are: <ul style="list-style-type: none"> <li>• Central, East, and West African</li> <li>• Eritrean and Ethiopian</li> <li>• North African and Middle East Arabic</li> </ul> |

## EXAMPLE

|       |    |    |                  |
|-------|----|----|------------------|
| MGm   | 4  |    | Mediterranean    |
| MGf   | 4  |    | Mediterranean    |
| PGm   | 1  |    | Nordic           |
| PGf   | 2  |    | Eastern European |
| <hr/> |    |    |                  |
| TOTAL | 11 | /4 | LES III          |



## CALCULATE YOUR LANCER

|       |                     |
|-------|---------------------|
| MGm   | _____               |
| MGf   | _____               |
| PGm   | _____               |
| PGf   | _____               |
| TOTAL | _____/4   _____ LES |

\*Added to original Lancer ethnicity list.

Adapted from:  
[www.lancerskincare.com/blog/what-is-my-skin-type](http://www.lancerskincare.com/blog/what-is-my-skin-type)

Terms used align with Lancer Scale, and may not align with newer social terminology.

## Additional Key Questions

**How does the skin heal after “small wounds” such as scrapes, cuts, bug bites, and Band-aid® marks?**

- Pink to Red (less likely to)       Purple to Dark

**How does the skin behave on photosensitive medications?**

- Burns Easily       Minimal Response

**How do scars heal after more significant wounds?**

- Thick       Thin

**Are you taking any contraindicated topicals?**

- Yes. Which ones? How Long?       No

## For Provider: Skininclusive Skin Type

- ▶ Average and round up Fitzpatrick and Lancer skin assessments prior to aesthetic treatments to help ensure effective and safe patient care.
- ▶ Use the additional key questions for unexpected skin reaction clues to guide your treatment parameters.
- ▶ After assessment, start with conservative laser settings for PIH prone skin types. Gradually adjust and document for the best experience and results.

$$\left( \frac{F + L}{2} \right) + \left( \text{Critical Thinking} \right)$$

Use AE Risk Assessment to help select settings that align with level of risk. Start low & go slow.

**SKINCLUSIVE SCORE:** \_\_\_\_\_