

Skin Typing

Accurate skin typing is critical to treatment success and the avoidance of complications. It is important to know that in most situations, and individual's previous response and genetic tendency to sun exposure will be the biggest indicators in establishing skin type. Some patients such as Asians and Hispanics may appear to be a skin type II or III and never tan but react to laser energy like a IV and V skin type. Hence, it is very important to not base skin type on appearance.

The skin type of a patient does not change. Do not confuse skin type with a tan. A person's skin type is something they are born with and it does not change, but the degree of tan can change.

Type	Hair Color	Skin Color	Eye Color	Sun Reaction
I	Red, White Blonde	Very Fair <i>Scandinavian, Nordic, and North European</i>	Blue	Always burns, Never tans
II	Red, Blonde, Light Brown	Fair <i>North European, Celtic (Scottish, Irish)</i>	Blue, Green	Always burns, tans with difficulty and tend to be freckled
III	Sandy Blonde, Brown	Medium <i>Southern Europe</i>	Hazel, Green, Blue	Burns initially, tans fairly well and evenly
IV	Brown, Black	Moderate Brown, Olive <i>Mediterranean, Latin (Italian, Hispanic)</i>	Hazel, Brown	Burns are rarely evident, tans easily
V	Black	Dark Brown <i>(Asian, Middle Eastern, American Indian)</i>	Dark Brown, Black	Burns are usually never evident, tans always *some Asian skin always burns and never tans
VI	Black	Black <i>(African-American, Indonesian)</i>	Dark Brown, Black	Burns are usually never evident, tans always

Skin type V is the most under-typed skin. Often Asians will look very light and have no history of sun exposure. Occasionally they have "bleached" their skin with hydroquinone. Treating them as a III or IV (based on look and reaction to sun) could result in higher risk of complications. Initially, all Asian skins should be treated as a Skin Type V until reaction to laser light has been determined.

Similarly, not all black skins are of the same degree of darkness and there may be the temptation to type these patients as a lower type.

Skin Typing Matrix

Please answer the following questions by circling the number which best describes you. Your clinician will total your score during the consultation.

My ethnic origin is closest to:	Very fair (Celtic and Scandinavian)	___
	Fair-skinned Caucasians with light hair and light eyes	___
	Pale-skinned Caucasians with dark hair and dark eyes	___
	Olive-skinned (Mediterranean, some Asian, some Hispanic)	___
	Dark-skinned (Middle Eastern, Hispanic, Asians, some Africans)	___
	Very dark-skinned (African)	___

My eye Color is:	Light Blue	0
	Blue/Green	1
	Green/Gray/Golden	2
	Hazel/Light Brown	3
	Brown	4

My natural hair color at age 18 was:	Red	0
	Blonde	1
	Light Brown	2
	Dark Brown	3
	Black	4

The color of my skin that is not normally exposed to sun is:	Pink to reddish	0
	Very pale	1
	Pale with a beige tan	2
	Light brown	3
	Medium to dark brown	4
	Dark brown – black	5

If I go out into the sun for an hour or so without sunscreen and have not been out in the sun for weeks, my skin will:	Burn, Blister and peel	0
	Burn, then when burn resolves there is little or no color change	1
	Burn, but then turns to tan in a few days	2
	Get pink, but then turns to tan quickly	3
	Just tan	4
	Just gets darker	5
	My skin color is so dark I can't tell	6

When was the last time the area to be treated was exposed to natural sunlight, tanning booths or artificial tanning cream?	Longer than one month ago	0
	Within the past month	1
	Within the past two weeks	2
	Within the past week	3

Score	Skin Type		Total Score: _____
0-3	I		
4-7	II		
8-11	III		
12-15	IV		
16-19	V		
20-24	VI		

If you sustain an injury to your skin such as a cut, burn, or bruise, how long does it take to fully resolve without any hyperpigmentation? _____

To avoid hyperpigmentation, Please list your nationality _____