

# BRIAN HUMPHREYS, M.D., F.A.C.S.

## Skin Typing

NAME \_\_\_\_\_

DATE \_\_\_\_\_

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

My ethnic origin is closest to:  
(check one)

- I. Very fair (Celtic and Scandinavian) \_\_\_\_\_  
II. Fair-skinned Caucasians with light hair and light eyes \_\_\_\_\_  
III. Pale-skinned Caucasians with dark hair and dark eyes \_\_\_\_\_  
IV. Olive-skinned (Mediterranean, some Asian, some Hispanic) \_\_\_\_\_  
V. Dark-skinned (Middle Eastern, Hispanic, Asians, some Africans) \_\_\_\_\_

VI. 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  
Light brown \_\_\_\_\_ 2  
Medium to dark brown \_\_\_\_\_ 3  
Dark brown-black \_\_\_\_\_ 4

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 the 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 creams?

- Longer than one month ago \_\_\_\_\_ 0  
Within the past month \_\_\_\_\_ 1  
Within the past two weeks \_\_\_\_\_ 2  
Within the past week \_\_\_\_\_ 3

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

If your score is: Your skin type is:

Notes:

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