

## 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 (non-exposed) 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

# Fitzpatrick Skin Type Evaluator




	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"/> <b>TOTAL SCORE</b>	26 - 30	IV
<input type="checkbox"/> <b>TOTAL SCORE</b>	Over 30	V - VI



# Lancer Skin Type Evaluator

- ▶ To find LES skin type, add up the four numbers (on the chart to the right) that correspond to the grandparents' ethnicities on the maternal and paternal sides. Divide that total number by four to find the LED score.
- ▶ A higher LES score means a higher risk with treatments. No matter what, there is always risk with any treatment that requires healing. A higher LES score comes with a higher risk of adverse reactions to resurfacing treatments.
- ▶ Knowing ancestral history will allow you as a provider to better anticipate how skincare or treatments may affect your patients' skin. Research into family history can reveal more about skin than is on the surface

LES I	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>	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 Asia*</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>
LES II	<p>EXAMPLE</p> <p>MGm 4   Mediterranean</p> <p>MGF 4   Mediterranean</p> <p>PGm 1   Nordic</p> <p>PGf 2   Eastern European</p> <hr/> <p>TOTAL 11/4   LES III</p>		<p>CALCULATE YOUR LANCER</p> <p>MGm _____</p> <p>MGf _____</p> <p>PGm _____</p> <p>PGf _____</p> <hr/> <p>TOTAL    /4         LES</p>



\*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       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

## Bringing it together for Skinclusive care:

- ▶ Using both Lancer and Fitzpatrick skin assessment prior to aesthetic treatments is crucial for effective and safe patient care.
- ▶ The additional key questions also highlight unexpected skin reaction clues to guide your treatment.
- ▶ Upon final assessment, use laser settings that lean towards the more conservative skin type, then gradually progress and document settings for optimal experience and results.