

PLASMA PEN BY LOUISE WALSH INTERNATIONAL

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Fitzpatrick Skin Type Questionnaire



Plasma Pen

BY LOUISE WALSH INTERNATIONAL

YOUR PLASMA PEN SPECIALIST PROVIDER:

TECHNICIAN NAME: _____

Introduction - The Fitzpatrick Skin Type Scale

The Fitzpatrick Skin Type is a skin classification system developed in 1975 by Thomas Fitzpatrick, MD, of Harvard Medical School. Skin Types range from the very fair (Type I) to the very dark (Type VI).

The Fitzpatrick Skin Type Scale:



Only skin types I, II and III on this scale can safely be treated with Plasma Pen.

The reason Plasma Pen treatment is **not** allowed on Type IV, V or VI skin because people with darker skins have melanocytes capable of making large amounts of melanin. When dark/black skin is injured (i.e. through the micro-trauma created by Plasma Pen), these melanocytes can hyperpigment or hypopigment. This is because a combination of the inflammatory response and ultraviolet causes the inflammation to disrupt the basal cell layer. Melanin pigment is then released but subsequently it can become trapped by macrophages in the papillary layer. Once the wound healing has completed and the junction repaired then the melanin pigment granules can be caught within the dermal layer with no way of escape and this can cause pigmentation issues.

If you are a borderline III/IV skin type then there are potentially some things you could possibly do, at your own discretion, ahead of being retested again in the near future. This may include, for example, using a tyrosinase inhibitor. If you have spent time in the sun recently then you may present as darker than your true skin type really is so. If that is the case you must at the very least delay your procedure and stay out of the sun until your skin returns to a treatable skin type in the area you desire treatment.

If you have Indian or African ancestry then the chances are high that your technician may not be able to treat you safely (and certainly not without your express written consent and without you fully acknowledging the potentially permanent risks).

Questionnaire – Your Skin Type

In conjunction with an electronic skin sensor your technician may use as a guide, you must accurately and honestly complete the following questionnaire to help us accurately determine your skin tone. Our quiz measures three key components: (i) your genetic disposition, (ii) your reaction to sun exposure and also (iii) your recent tanning habits. Each answer is assigned a unique score and your total score will give us your Skin Type. **Please circle** each of your responses for the following questions and your technicians will calculate your score:

PART ONE: YOUR GENETIC DISPOSITION

(1) What is your natural eye colour?

Light blue, light gray or light green	= 0
Blue, gray or green	= 1
Hazel or light brown	= 2
Dark brown	= 3
Brownish black	= 4

(2) What is your natural hair colour?

Red or light blonde	= 0
Blonde	= 1
Dark blonde or light brown	= 2
Dark brown	= 3
Black	= 4

(3) What is your natural skin colour (before sun exposure)?

Ivory white	= 0
Fair or pale	= 1
Fair to beige, with golden undertone	= 2
Olive or light brown	= 3
Dark brown or black	= 4

(4) How many freckles do you have on unexposed areas of your skin?

Many	= 0
Several	= 1
A few	= 2
Very few	= 3
None	= 4

Total score for your genetic disposition: _____

PART TWO: YOUR SUN EXPOSURE

(1) How does your skin/face respond to the sun?

Always burns, blisters and peels	= 0
Often burns, blisters and peels	= 1
Burns moderately	= 2
Burns rarely, if at all	= 3
Never burns	= 4

(2) Does your skin tan?

Never – I always burn	= 0
Seldom	= 1
Sometimes	= 2
Often	= 3
Always	= 4

(3) How deeply do you tan?

Not at all or very little	= 0
Lightly	= 1
Moderately	= 2
Deeply	= 3
My skin is naturally dark	= 4

(4) How sensitive is your face to the sun?

Very sensitive	= 0
Sensitive	= 1
Normal	= 2
Resistant	= 3
Very resistant/Never had a problem	= 4

Total score for your reaction to sun exposure: _____

PART THREE: YOUR TANNING HABITS

(1) When did you last expose your body to sun / tanning cream / tanning injections / sunbeds?

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

(2) Did you expose the area you wish to be treated by Plasma Pen to the sun?

No/Never	= 0
Hardly	= 1
Sometimes	= 2
Often	= 3
Always	= 4

Total score for your tanning habits: _____

TOTAL SCORE FOR PART ONE, PART TWO AND PART THREE: _____

Please now match the total score above for Parts One, Two and Three to the Skin Types listed overleaf so as to determine your own skin type.

Type I: 0 to 6 points

Light, pale white. Always burns easily, never tans.

Type II: 7 to 12 points

White, fair. Always burns easily, tans minimally.

Type III: 13 to 18 points

Medium white to olive. Burns moderately, tans gradually.

Type IV: 19 to 24 points

Olive, moderate brown, Burns minimally, tans well.

Type V: 25 to 30 points

Brown, dark brown. Burns rarely, tans profusely.

Type VI: 31+ points

Very dark brown to black, black. Never burns, deep pigmentation.

PLASMA PEN ELITE TECHNICIAN AGREEMENT

I, the Plasma Pen Elite Technician, confirm that I have carefully checked the client's responses to this questionnaire. I have totalled the scores / checked the total score and I concur that the patients Skin Type is as follows (please circle):

SKIN TYPE: I II III IV V VI

TECHNICIAN SIGNATURE: _____

DATE: _____

CLIENT AGREEMENT

I, the client, have read and understood this document prior to my treatment. I have been honest and accurate in my responses and I agree with all points discussed. I am aware that hyperpigmentation or hypopigmentation is a very real possibility for Skin Types IV and above.

CLIENT SIGNATURE: _____

DATE: _____