



# Essence Of The Phoenix

Anti-Aging Regenerative Medicine • Laser Skin Care • Body Wellness Medical Spa

## Laser Skin Care Form

(Please Print)

Patient's Name:	Date:
-----------------	-------

Genetic Disposition						
	0	1	2	3	4	Score:
What is the natural color of your hair?	Red, Sandy Red	Blond	Chestnut, Dark Blond	Dark Brown	Black	
What is your skin color? (Areas not exposed to the sun)	Pale (Very Light Skin)	Reddish (Pink Tones)	Pale with Beige Tint (Sallow, Medium Tones)	Light brown (Olive Tones)	Dark Brown (Rich olive /brown tones)	
Do you have freckles on sun exposed skin	Many	Several	Few	Incidental	None	
Total Score for Genetic Skin Disposition: _____						

Reaction To Sun Exposure						
	0	1	2	3	4	Score:
What happens when you are in the sun for too long?	Painful Redness, Blistering	Blistering followed by Peeling	Burns sometimes followed by Peeling	Rarely Burns	Never had a Burn	

(continued)  
**Reaction To Sun Exposure**

	0	1	2	3	4	Score:
Do you turn brown several hours after sun exposure?	Never	Seldom	Sometimes	Often	Always	
How does your face respond to the sun?	Sensitive	Sensitive	Normal	Very Resistant	Never Had an Issue	

Total Score for Sun Exposure Reaction: \_\_\_\_\_

**Tanning Habits**

	0	1	2	3	4	Score:
When was the last time you exposed yourself to the sun, tanning bed, or tanning creams?	More Than 3 Months Ago	2-3 Months ago	1-2 Months Ago	Less Than One Month Ago	Less Than 2 Weeks Ago	
Did you expose the area to be treated to the sun?	Never	Hardly Ever	Sometimes	Often	Always	

Total Score For Tanning Habits: \_\_\_\_\_

The Fitzpatrick Skin Type classification system is a means of determining risk for sunburn and some skin conditions. Developed in 1975 by Harvard University's Dr. Thomas Fitzpatrick, the Fitzpatrick Skin Type classification is used by doctors and dermatologists using laser and light therapy, as it can help highlight risks of poor reactions to treatment.

Add up the total scores for each of the three sections for your Skin insert Score. Skin Type Score	Fitzpatrick Skin Type
0-7	I
8-16	II
17-25	III
25-30	IV
Over 30	V - VI

<b>Brief Skin Qualification:</b>	
Type I	Laser hair removal of dark, light brown and red hairs will be most effective on this skin type. The contrast of skin tone to hair color make this skin type most effective.
Type II	Laser hair removal of dark, light brown and red hairs will also be very effective on this skin type.
Type III	Laser hair removal of dark hairs will be effective on this type of skin
Type IV	This skin type may need a few more treatments in order to make the hair removal/reduction permanent
Type V	This skin type will need a few more treatments in order to make the hair removal/reduction permanent

**Essence Of The Phoenix • 81990 Overseas Highway, Suite 101 • Islamorada, FL 33036**  
**Office Telephone (305) 664 – 2490 • Fax Telephone (305) 664 - 2489**