


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 LES 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"> • Celtic • Nordic • Northern European 	Golden skin, possibly with olive undertones, that can sun easily or become easily inflamed. Your ancestors are: <ul style="list-style-type: none"> • European Jews • Native American and Inuit • Southern European and Mediterranean 	Olive or brown skin that can become easily inflamed and can tend toward acne. Your ancestors are: <ul style="list-style-type: none"> • Sephardic Jews • Central and South American Indian • Chinese, Korean, Japanese, Thai, and Vietnamese • Filipino and Polynesian • Southern European and Mediterranean • Southeast Asia* 	Black skin that can react to irritation with discoloration or texture changes. Your ancestors are: <ul style="list-style-type: none"> • Central, East, and West African • Eritrean and Ethiopian • North African and Middle East Arabic
LES II	EXAMPLE	CALCULATE YOUR LANCER	
Fair skin that does not burn quickly, but still wrinkles and sags and can sun easily. Your ancestors are: <ul style="list-style-type: none"> • Central, Eastern, or Northern European 	Skin 4 Mediterranean Mkt 4 Mediterranean Psm 1 Nordic Pst 2 Eastern European <hr/> TOTAL 11 4 LES III	 <div> Msm _____ Mkt _____ Psm _____ Pst _____ <hr/> TOTAL 4 LES </div>	*Added to original Lancer ethnicity list. Adapted from www.lancerderm.com/blog/what-is-my-skin-type . Terms used align with Lancer's tools, and may not align with newer racial 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 photo-sensitive 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.

Guide For Skin Assessment

Kim Cooper, Kelly Gosnell



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