



CIRCADIA
by Dr. Pugliese

Advanced Professional Skincare

SKIN ASSESSMENT FORM

First Name _____ Last Name _____ Date _____

Performed by _____

PERIPHERAL VASCULAR SYSTEM & ITS DISORDERS

- Normal
- Erythrosis (permanent redness) _____
- Couperose (diffuse redness) _____
- Cyanosis (dark blue) _____
- Rhinophyma (bulbous nose) _____
- Erythema (Intermittent redness) _____
- Telangiectasia (distended capillaries) _____
- Angioma (naevus vascularis) _____
- Spider Angioma _____
- Telaniectatic wart _____

LIPID SYSTEM AND ITS DISORDERS

- Normal secretions: Region(s) _____
- Excess secretions: Region(s) _____
- Very little secretion: Region(s) _____
- Seborrhic (oily) _____
- Asphyxiated _____

ACNE

- Many comedones _____
- Macula - Region(s) _____
- Nodules - Region(s) _____
- Pustule - Region(s) _____
- Papule-pustules - Region(s) _____
- Vesicula - Region(s) _____

ERUPTION PATTERN

- Few Many Intermittent Permanent

Acne Grade

Grade 1: _____

Grade 2: _____

Grade 3: _____

Grade 4: _____

Medically treated? Yes No

FATTY INCLUSIONS

- None
- Milia
- Closed comedones
- Seborrhic hyperplasia
- Micro sebaceous cyst
- Open comedones
- Escar (scabies)
- Xanthoma

SKIN HYDRATION

- Normal hydration
- Deep dehydration
- Ridules - Regions _____
- Wrinkles - Regions _____
- Furrows - Regions _____
- Superficial dehydration

SKIN SENSITIVITY

- Normal
- Reactive
- Hyper-reactive
- Intolerant to _____
- Burning sensation
- Pruritus (itching)
- To Pressure

KERATINIZATION

- Normal
- Hyperkeratinization
- Hypokeratinization
- Eczema
- Ichthyosis
- Squama
- Furfur (flaky scales)
- Pityriasis simplex
- Psoriasis
- Keratosis senilis

GRAIN OF SKIN

SKIN TEXTURE

- Very fine
- Slightly visible ostium
- Obvious visible ostium
- Enlarged ostium
- Smooth
- Rough
- Granular

SKIN TONE

- Firm
- Mild lack of tone
- Severe lack of tone

COMPLEXION & PIGMENTATION DISORDERS

- Milky
- Fair
- Reddish
- Pinkish
- Slightly amber
- Yellowish
- Black
- Olive
- Melanocytic nevus (birthmark)
- Senile lentigo
- Dark circles (eyes)
- Chloasma
- Macula solaris, freckles
- Vitiligo
- Other _____
- Other _____

SKIN DISORDERS

- None
- Chapping
- Ulcers
- Scars
- Nodules
- Furuncle (boil)
- Cheloids
- Phlycena (blister)
- Excoriation
- Carbuncle (larger area of inflammation)
- Escar (scabies)
- Stretch marks
- Other _____

SKIN GROWTHS

- None
- Nevus epidermal
- Melanocytic nevus (birthmark)
- Pigmented hair
- Molluscum pendulum (tag)

FITZPATRICK CLASSIFICATION

- | | |
|------------------------|---|
| Type I – White | Always burns easily, never tans |
| Type II – White | Burns easily, tans slightly |
| Type III – White | Sometimes burns, then tans gradually and moderately |
| Type IV – Modest Brown | Burns minimally, always tans well |
| Type V – Dark Brown | Burns rarely, tans deeply |
| Type VI – Black | Almost never burns, deeply pigmented |

TREATMENT RECORD FOR _____

Date _____ Esthetician _____ Today's Treatment _____ Cleanser _____ Toner _____ Exfoliation _____ Time _____ Extraction <input type="checkbox"/> Yes <input type="checkbox"/> No _____ Steam? <input type="checkbox"/> Yes <input type="checkbox"/> No How long _____ High Frequency? <input type="checkbox"/> Yes <input type="checkbox"/> No Galvanic <input type="checkbox"/> Yes <input type="checkbox"/> No Ampoule? <input type="checkbox"/> Yes <input type="checkbox"/> No What _____ Masque? What _____ Time _____ Moisturizer What _____ Sunscreen SPF ____ Other services and comments: 	Date _____ Esthetician _____ Today's Treatment _____ Cleanser _____ Toner _____ Exfoliation _____ Time _____ Extraction <input type="checkbox"/> Yes <input type="checkbox"/> No _____ Steam? <input type="checkbox"/> Yes <input type="checkbox"/> No How long _____ High Frequency? <input type="checkbox"/> Yes <input type="checkbox"/> No Galvanic <input type="checkbox"/> Yes <input type="checkbox"/> No Ampoule? <input type="checkbox"/> Yes <input type="checkbox"/> No What _____ Masque? What _____ Time _____ Moisturizer What _____ Sunscreen SPF ____ Other services and comments:
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