



# Oregon Underage Tanning Medical Recommendation Form

Oregon Health Authority | Radiation Protection Services  
800 NE Oregon Street, Suite 640; Portland, OR 97232

Phone: (971) 673 0490 | Fax: (971) 673-0553 | Web: [www.healthoregon.org/tanning](http://www.healthoregon.org/tanning)

**This document is to be completed by a licensed Physician**, who is recommending a patient use a tanning device for the treatment of a medical condition. Maximum tanning time cannot exceed 20 minutes. Time and frequency may not exceed the tanning bed manufacturers recommendations posted on the device.

A completed copy of this document must be kept on file at a tanning salon for any customer under the age of 18. The completed Tanning Client Record must also be kept on file.

**Patient Name:** \_\_\_\_\_

**Patient Skin Type # (from the Fitzpatrick scale below):** \_\_\_\_\_

Indicate the number of tanning sessions per week as well as the maximum tanning time. Patients initial tanning times are determined by skin type and the exposure schedules on the tanning device. Patients will work up to the maximum tanning time indicated below. **Maximum tanning time cannot exceed 20 minutes.** Time and frequency may not exceed the tanning bed manufacturers recommendations posted on the device.

**# of tanning sessions:** \_\_\_\_\_ **/week Max Tanning Time:** \_\_\_\_\_

**Duration of treatment (Not to exceed 1 year):** \_\_\_\_\_

Fitzpatrick Skin Typing Questions	0 point	1 point	2 point	3 point	4 point	Points
What is the natural color of your eyes?	light blue, gray or green	blue, gray, or green	hazel or light brown	dark brown	brownish black	
What is the natural color of your hair?	red or light blonde	blonde	dark blonde or light brown	dark brown	black	
What is your natural skin color before sun exposure?	ivory white	fair or pale	fair to beige	olive or light brown	dark brown or black	
How many freckles do you have on unexposed areas of your skin?	many	several	few	very few	none	
How does your skin respond to the sun?	always burns, blisters & peels	often burns, blisters & peels	burns moderately	burns rarely, if at all	never burns	
Does your skin tan?	never, I always burn	seldom	sometimes	often	always	
How deeply do you tan?	not at all or very little	lightly	moderately	deeply	my skin is naturally dark	
How sensitive is your face to the sun?	very sensitive	sensitive	normal	resistant	never had a problem	
<b>Total Points:</b>						

**Type I = 0-6 points, Type II = 7-12 points, Type III = 13-18 points, Type IV = 19-24 points, Type V = 25+ points**

**Physicians Printed Name:** \_\_\_\_\_

**Physicians Signature:** \_\_\_\_\_ **Date:** \_\_\_\_\_

**Physician's License #:** \_\_\_\_\_