

# WHAT TO EXPECT at your appointment

## Medical History

Your dermatologist will ask you questions about things related to your medical history, medications and health problems. It is important for your dermatologist to know your medical history so they can appropriately treat your skin.

## The skin exam

You will likely be asked to change into a gown during your appointment. This is so the dermatologist can do a full-body exam and check for other skin problems, including moles and skin cancer screening. When evaluating your skin, your dermatologist may use a special light to look carefully at the affected skin.

## A Plan

You and your dermatologist will have a discussion about your concerns, questions, and goals for treatment. Your dermatologist may diagnose vitiligo or another skin disease. If you have vitiligo and want to treat it, this is when you will start a conversation about treatment options with your dermatologist. Depending on your preference, you may choose no medical treatment, medicine applied to the skin, UVB light therapy, or surgery (learn more about treatment options at [globalvitiligofoundation.org/treatments](http://globalvitiligofoundation.org/treatments)).

Your dermatologist may also order some laboratory studies to check the health of your thyroid, blood sugar, and blood cells.

## Expect more than one visit

Your dermatologist will want to check-in with you regularly to evaluate your progress. If you decide to start a new treatment plan, it may take a few tries to find the right treatment or combination of treatments that work well for you. The first dermatology appointment is the first step to a lifetime of healthy skin.