

PREPARING for your appointment

Prepare Your Questions Beforehand

To ensure that your time is used wisely during your visit, make a list of the most important questions and concerns that you would like addressed. It can be hard to remember everything that you wanted to ask your dermatologist, so preparing a list can ensure that all of your questions are answered. Also, feel free to bring pictures of how the problems have progressed.

Bring your list of medications with you

Your dermatologist should know about other medications you are currently taking, including those that are not directly related to skincare. This is important to avoid any potential interactions between your current medications and any new treatments you may be prescribed.

Gather your medical information

Include current and past medical diagnoses, surgical procedures, family history, and current medications to give your dermatologist more context. Compiling your medical history in advance will ensure that your visit will be productive, comprehensive, and tailored to developing the best treatment plan for you.

Check your insurance policy

Most insurances cover dermatology visits but be sure to review your health insurance policy or call your insurer before you book an appointment to understand any costs that may be associated with your visit.

Lean on your support network

Take a support person with you if you feel someone else will need to see/hear what is going on during the consultation as it can be tough to remember everything that is said.

Ask for documentation

Ask for written instructions for creams, etc. that have been prescribed.