Dermatology appointment checklist

A short, printable guide for preparing, taking notes, and leaving with clear next steps.

Use this sheet to prepare for your visit. Ask your dermatologist about symptoms or treatment changes.

What I most want help with at this visit

Before the visit

[ ] Write the three questions that matter most.
[ ] Bring a current list of medicines, vitamins, supplements, allergies, and other health conditions.
[ ] List treatments you have tried and what you noticed.
[ ] Note new or changing symptoms and the body areas you want examined.
[ ] Bring photos or records only through a method the clinic says is secure.
[ ] Bring your insurance card and any relevant authorization, denial, or prior-record documents.

During the visit

[ ] Confirm the diagnosis and the terms the clinician is using.
[ ] Ask which options fit your goals, body areas, skin tone, health history, and priorities.
[ ] Ask about expected benefits, limitations, and important risks.
[ ] Ask what should prompt a call or urgent help.
[ ] Ask how the plan will be monitored and how changes will be communicated.
[ ] Ask for plain-language clarification whenever instructions are unclear.
[ ] Write down what happens next and who will do it.

Before leaving

[ ] Confirm the follow-up plan.
[ ] Confirm prescription or order status.
[ ] Ask who will send the prior authorization request, if needed.
[ ] Ask how to send questions or photos securely.
[ ] Ask for written instructions.
[ ] Write down any question that is still unanswered.

My three questions

Next steps and who will take them

More space for next steps

Sources

These sources support the checklist structure. They do not make the blank document individualized medical, insurance, or legal advice.

American Academy of Dermatology: How to select and prepare for a dermatologist
https://www.aad.org/public/fad/how-to-select-a-derm

American Academy of Dermatology: Prepare for a telemedicine appointment
https://www.aad.org/public/fad/digital-health/telemedicine/prepare-appointment

National Psoriasis Foundation: Prepare for your appointment
https://www.psoriasis.org/care-path-prepare/