Questions to ask your dermatologist

Circle or check the questions that fit your visit. You do not need to ask all of them.

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

Diagnosis and goals

[ ] What diagnosis best explains what you see?
[ ] Is anything else being considered?
[ ] Which areas are active or changing?
[ ] What outcome is realistic for me?
[ ] What happens if I choose not to treat right now?

Choosing a treatment

[ ] What options fit my condition, body areas, skin tone, health history, and priorities?
[ ] What benefits, limitations, and important risks should I understand?
[ ] How will we decide whether this is helping?
[ ] What alternatives should I understand?
[ ] Could my other medicines or health conditions affect this choice?

Phototherapy questions

[ ] Why might phototherapy fit, or not fit, my situation?
[ ] Which device type or setting is appropriate for the areas involved?
[ ] Which written instructions and protection steps apply to my exact device?
[ ] What skin response should I record?
[ ] What should make me stop and contact the office?
[ ] What should I do after an interrupted session?
[ ] How will the plan be reviewed?
[ ] Who changes the plan, and how will I receive the new instructions?
[ ] Should I discuss any current skin products or medicines before treatment?

Coverage and logistics

[ ] What documentation may my insurer request?
[ ] Who submits prior authorization?
[ ] Does the office work with a particular supplier, and may I compare suppliers?
[ ] Who should I contact if authorization is delayed or denied?
[ ] Can I get the order and instructions in writing?

Before you leave

[ ] Could you summarize the next steps in plain language?
[ ] Who will take each next step?
[ ] What is the safest way to send photos or questions?
[ ] When should I follow up?

My own questions

Sources

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

American Academy of Dermatology: Prepare for dermatology care
https://www.aad.org/public/fad/how-to-select-a-derm

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

American Academy of Dermatology: Vitiligo diagnosis and treatment
https://www.aad.org/public/diseases/a-z/vitiligo-treatment

American Academy of Dermatology: Psoriasis phototherapy
https://www.aad.org/public/diseases/psoriasis/treatment/medications/phototherapy