



HOW TO PREPARE FOR YOUR APPOINTMENT

- ☐ Write down all your questions.
- ☐ Prepare a list of ALL medications and supplements as well as any topical products.
See Medication List available for download.
- ☐ Go clean faced – this means you use a gentle cleanser but no other products on your face.
- ☐ Remove nail polish if you have nail concerns.
- ☐ Take note of any rashes or changing lesions.
- ☐ Bring in all products currently being applied or that have been applied to a rash.
- ☐ Ask your doctor who is referring you to send all your records well ahead of your appointment.
- ☐ Other: _____