

ACNE APPOINTMENT DISCUSSION GUIDE

To get the most out of your visit with your dermatology professional, here are some important things to take with you:



YOUR MEDICATION AND SKIN CARE HISTORY

- Bring a list or photos of all your current medications, supplements, skin care products, and over-the-counter treatments. This includes treatments you've tried in the past, along with medications that aren't skin care related

— ○



PHOTOS OF YOUR ACNE BREAKOUTS

- Your dermatology professional may want to see your skin during a breakout—especially if you're not experiencing one at the time of your visit

— ○



A LIST OF SKIN CONCERNS YOU WANT TO DISCUSS

- If you receive a prescription, it's a good idea to discuss potential side effects like stinging and burning, sensitivity to sunlight, and how products might discolor clothing

EXCESS SEBUM (OIL) IN THE SKIN IS A MAIN CAUSE OF ACNE

Acne hormones, called androgens, affect how much sebum is made.

When acne hormones increase, this can cause more sebum and inflammation, leading to more acne.

Preparing questions can be helpful, such as:

- Is my acne related to excess sebum?
- What prescription option(s) are right for me?
- How long will a prescription take to work on my acne?
- Can you recommend products for my skin care routine?
- In what order should I use my skin care products?

Ask your dermatology professional about co-pay savings options available for your prescriptions.

Take notes on your phone or use the back page so you can remember any guidance you are given

NOTES
on the back



ASK your dermatology professional about a treatment that targets sebum (oil) production to help control future breakouts.

