



A GUIDE TO SEEING THE DERMATOLOGIST

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The average adult has approximately 21 square feet of skin. That's a lot of skin to take care of. Annual visits to a board-certified dermatologist can help look after and care for your skin. (Not to mention everything that's attached to it, including hair and nails.)

This guide serves as your checklist to help you determine when to see a dermatologist, where to find one, and how you prepare for your appointment. All from experts who've made it their job to care for your skin.

WHEN TO SEE A DERMATOLOGIST

Do you experience or have concerns with:

- ✓ Breakouts
- ✓ Dark Spots
- ✓ Dry Skin
- ✓ Face Rash
- ✓ Suspicious Moles
- ✓ Hair Loss
- ✓ Unwanted Hair
- ✓ Uneven Skin
- ✓ Scarring
- ✓ Wrinkles and/or Sagging Skin
- ✓ Large Skin Pores
- ✓ Melasma (dark, discolored patches on your skin)

Some of these conditions are quite common, while others could signal a more serious problem. It is best to let a board-certified dermatologist—and not the internet—determine what's going on. It is a good idea to visit your dermatologist each year for regular skin cancer screenings.

TIPS TO FINDING THE RIGHT DERMATOLOGIST FOR YOU

- 1) Hued, in partnership with Vaseline, created a new search tool that allows people of color to identify and connect with dermatologists experienced in treating skin of color.
- 2) Look for a doctor who has a subspecialty or declared interest in treating your unique skin concern.
- 3) Make sure you're a good match. The American Academy of Dermatology website is a great resource with patient-written doctor reviews.
- 4) Check insurance coverage. Confirm they accept your insurance, which services are covered, and what co-pay to expect. Some concerns can be addressed on a video call, so now's a good time to see if they participate in Telehealth.
- 5) To find and book an appointment with a dermatologist near you, please visit www.huedco.com/vaseline.

PREPARING FOR YOUR APPOINTMENT

What to bring:

- Insurance information
- Patient forms
- Relevant medical records, pathology reports, mole mapping and/or other photos
- Current medications and skin care products. (It's helpful to bring a list, or photos of current products, with you.)

What to tell your doctor:

- Areas of concern
- When the problem started
- Any symptoms you are having
- Previous treatments

What to expect during your first visit:

Your dermatologist will review your medical history and ask questions about any specific skin concerns. Don't hold any information back. They will conduct a skin check to screen for any spots or moles of concern. Depending on their findings they may share a treatment plan or give you a prescription.

Now is the time to ask questions. Here are a few to add to your list:

- How does my medical history affect my skin cancer risk?
- Is my current skin care routine helping or hurting my skin?
- How can I successfully check my skin for areas of concern between appointments?
- How can I protect my skin from the sun/against skin cancer?
- How frequently should I visit the dermatologist?

MAINTAINING YOUR SKIN HEALTH

After your visit, be sure to schedule any necessary follow ups with your dermatologist as recommended. It's also a good time to schedule your yearly checkup with your dermatologist for regular skin cancer screenings.

Throughout the year, be sure you regularly perform a self-check to note any areas of concern or moles, and always remember where you keep this information.

Learn more on how Vaseline is working towards equity in skincare and promoting better skin health at [Vaseline.com](https://www.vaseline.com).

