

Pre Dermatology Appointment Checklist for a Suspicious Spot

Printable worksheet to fill out before your visit

Appointment details

Dermatology office: _____

Provider name: _____

Appointment date: ____ / ____ / ____ Time: _____

Reason for visit (quick summary):

The spot you are worried about

Body location (be specific): _____

Side: Left Right Center Not sure

Approximate size today: _____ (mm or compare to coin)

How many spots are you concerned about today? 1 2 3+

What made you notice it? (check all that apply)

New spot

Changing appearance

Not healing

Repeatedly scabbing

Bleeding or crusting

Looks different from other marks

Other: _____

Symptoms (if any)

Itching Tenderness Bleeding Crusting Stinging None

Notes:

Photo checklist

If possible, bring photos on your phone or printed.

- Photo taken in bright natural light
- Close up photo
- Zoomed out photo showing location on body
- Reference included next to the spot (ruler, coin, fingertip)
- Photo dates saved

Photo dates and notes:

- 1) ___ / ___ / ___ Notes: _____
- 2) ___ / ___ / ___ Notes: _____
- 3) ___ / ___ / ___ Notes: _____

If hard to reach (scalp, back, etc.): Asked someone to help

Simple timeline of changes

When did you first notice it? ___ / ___ / ___ (or about ___ weeks/months ago)

Has it changed over time? Yes No Not sure

Check what changed:

Size Color Border or edges Texture Shape Raised or flat Other:

What seems to trigger or irritate it?

Shaving Friction or clothing Sun exposure Unknown Other: _____

Anything else that feels important about the timeline:

Your skin context and risk factors

Check any that apply.

Personal history of skin cancer

Personal history of precancerous lesions

Prior biopsy

Family history of melanoma

Significant sun exposure history

Past or current tanning bed use

Immunosuppression (medications or conditions that weaken immune response)

Details (type, year, location on body, outcomes):

Products and medications

New skincare products started in the last 1 to 2 months:

Prescription creams used on the spot (name and frequency):

New medications that increase sun sensitivity (if known):

Day of appointment reminders

- Avoid heavy makeup over the spot (if on face)
- Avoid self tanning products for a few days before the visit
- Remove nail polish if the spot is on or near a nail
- Wear easy to remove clothing if the area is hard to access

Questions to ask the dermatologist

About the spot

- What do you think this is most likely to be?
- What signs would make you more concerned?
- Do you recommend monitoring, treatment, or biopsy?

If a biopsy is recommended

- What type of biopsy is this (shave, punch, excision)?
- Will you do it today or schedule it?
- How long do results typically take?
- What should I do for aftercare?

Follow up and tracking

- How should I track this area going forward?
- Should I schedule a routine full skin exam?
- How often should I return for checks based on my risk factors?

My additional questions:

1) _____

2) _____

3) _____

Notes to complete right after the visit

Plan: Monitor Treat Biopsy Follow up visit Other: _____

Next steps and timing:

When should I expect results or an update? _____

What changes should prompt me to call sooner?

If asked to monitor: Next photo date target (2 to 4 weeks) ____ / ____ / _____