When spots keep returning

Bring useful observations to a care conversation - not a diagnosis or a perfect skin diary.

Use short descriptions. Record products as used; timing alone does not prove a cause. You do not need photographs. Reprint only if helpful.

OBSERVATION 1 Date: _____

Where / what I noticed:

Products used as directed / recent changes:

My question for a healthcare professional:

OBSERVATION 2 Date: _____

Where / what I noticed:

Products used as directed / recent changes:

My question for a healthcare professional:

Deep, painful or persistent spots deserve appropriate professional advice. Do not change prescribed treatment based on this record or repeatedly switch treatments to test a theory.

Private observation aid, not medical advice. No upload needed; keep with your own records.

Sources: American Academy of Dermatology.
www.aad.org/public/diseases/acne/diy/treat-deep-painful-pimple
www.aad.org/public/diseases/acne/skin-care/habits-stop