

It Only Took 10 a Minute Phone Call to Treat My Hormonal Acne

Here's what it's like to "go to" a teledermatology appointment.

A few weeks ago, I spent 30 minutes on a Wednesday afternoon taking selfies at very obscene, up-close-and-personal angles. No, I wasn't sending the pictures to [a guy I matched with on Hinge](#), I was emailing my dermatologist photos of my acne ahead of a teledermatology appointment.

I started [breaking out](#) a few days into quarantine. With all of the uncertainty surrounding the [coronavirus](#), it was impossible not constantly worry over getting sick and what the future would look like — and the stress showed up on my skin. First, I had a red bumpy rash around my mouth. Then, I got a mix of whiteheads and big, painful cystic welts on the lower half of my face. While my go-to clay mask and spot treatment did make these zits heal faster, for every pimple that went away, two more would pop up. After three weeks of breaking out, I called my dermatologist's office and made a telemedicine appointment.

Since the World Health Organization declared COVID-19 a global pandemic on Mar. 11, non-essential in-person visits to the doctor's office have been put on hold. And in order to practice social distancing, many dermatologists have shifted to telemedicine so that they can keep treating patients via Zoom video call or over the phone.

What About Cosmetic Treatments?

Doctors can't perform actual procedures during a telemedicine appointment, but they can provide consultations for future cosmetic treatments. Dr. Melissa Doft, board-certified plastic surgeon and founder of Doft Plastic Surgery in New York City says since doctors aren't treating patients in-person right now, they have more time to meet with patients to go over procedures, like face lifts. During these consultations, you can learn more about the process, see before-and-after photos of the doctor's work, and take initial photos ahead of an in-office consultation and then, surgery.

Dr. Rabach says that cosmetic dermatology treatments like Botox, fillers, chemical peels, Ultherapy, and microneedling are also possible. These services typically don't require another in-person consultation and can be booked for when doctors' offices re-open.

As for cost? Some doctors offer free consultations for cosmetic procedures, while others charge a fee that will go towards the treatment or surgery.