

Self-examination after having a melanoma in situ

Skin Oncology Team
Patient Information Leaflet

Introduction

Most people who have melanoma in situ are cured by having them removed. However, there is a small risk that you could develop another one in the future so we recommend that you examine your skin on a monthly basis.

This leaflet explains how to examine and monitor your skin.

How do I check myself?

You should aim to check all of your skin including your scalp, face, neck and ears. Look for:

- Any black, brown or new marks on your skin.
- Any changes in the size, colour or shape of existing moles or any new moles you find.

It is important to tell your GP as soon as possible if you find any of the above.

When examining your skin, use the tips of your fingers in a circular motion and a little pressure, to feel your way around your skin. Over time you will be to notice any changes in the way your skin looks or feels.

Five minute skin check

All you need for your five minute skin check is:

- a well-lit room
- a full-length mirror
- a hand-held mirror
- a chair or stool

The help of a relative or friend may also be useful.

Five easy steps to skin self examination

- Look at your face, neck, ears and scalp. You may find it easier if you use a comb to part your hair.
- Look at the front and back of your body in the mirror. Raise your arms and look at your left and right sides. Ladies, make sure to check under your breasts.
- Bend your elbows and look at your forearms (the area of your arm between your elbow and wrist), then the undersides and upper arms. Now carefully look at your fingernails, hands and palms.
- Look at the back, front and sides of your legs, not forgetting between your toes, the toenails and the soles of your feet.
- Sit on a chair and put each leg in turn up on a stool. Use a hand mirror to inspect the genital area. Finally, stand up and use two mirrors to check your buttocks.

Leaflets cannot take the place of talks with a doctor, nurse and other members of the healthcare team. We hope this leaflet has helped you understand about skin examination. However, if you are unsure about anything, please contact us or your GP.

Skin Oncology Team on 01384 456111 ext. 3088 (9am to 5pm, Monday to Friday)

Russells Hall Hospital switchboard number: 01384 456111

This leaflet can be downloaded or printed from:

<http://dudleygroup.nhs.uk/services-and-wards/oncology/>

If you have any feedback on this patient information leaflet, please email patient.information@dgh.nhs.uk

This leaflet can be made available in large print, audio version and in other languages, please call 0800 073 0510.

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此宣传单可提供大字版本、音频版本和其它语言版本，请拨打电话：0800 073 0510。

Ulotka dostępna jest również w dużym druku, wersji audio lub w innym języku. W tym celu zadzwoń pod numer 0800 073 0510.

ਇਹ ਪਰਚਾ ਵੱਡੇ ਅੱਖਰਾਂ, ਬੋਲ ਕੇ ਰੀਕਾਰਡ ਕੀਤਾ ਹੋਇਆ ਅਤੇ ਦੂਸਰੀਆਂ ਭਾਸ਼ਾਵਾਂ ਵਿਚ ਵੀ ਪ੍ਰਾਪਤ ਹੋ ਸਕਦਾ ਹੈ, 0800 073 0510 ਤੇ ਫੋਨ ਕਰੋ ਜੀ।

Aceasta broșura poate fi pusă la dispoziție tipărită cu caractere mari, versiune audio sau în alte limbi, pentru acest lucru vă rugăm sunați la 0800 073 0510.

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