



"HIGH QUALITY SKIN CARE FOR ALL"

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WHAT TO EXPECT DURING A SKIN CANCER CHECK

Regular skin checks are an important part of staying healthy, especially in Australia where skin cancer is common. Here's what happens during your appointment:

1. Medical History Review

Your doctor will start by asking about:

- Your personal and family history of skin cancer
- Any changes you've noticed in your skin (moles, freckles, spots)
- Your sun exposure habits and any previous sunburns
- Past skin treatments or biopsies

2. Full-Body Skin Examination

- You'll be asked to undress to your underwear, and a gown or sheet is usually provided.
- The doctor will carefully examine your skin from head to toe using a **dermatoscope** – a special tool that magnifies and lights up the skin.
- Common areas checked include the scalp, face, neck, arms, legs, back, and feet – including between the toes and under nails.

Tip: Avoid wearing makeup, nail polish, or fake tan to help your doctor assess your skin properly.

3. Identifying Areas of Concern

- If a suspicious mole or lesion is found, your doctor may take a photo or mark the area for monitoring.
- In some cases, they may recommend a **biopsy**.

What If a Biopsy Is Needed?

A **biopsy** involves removing a small sample (or all) of the suspicious area to be sent to a lab for testing.

Types of Skin Biopsies:

- **Punch biopsy:** A small circular tool removes a core of tissue
- **Shave biopsy:** A thin layer is shaved off the surface
- **Excision biopsy:** The whole spot is removed, often with stitches

What to Expect:

- The area is numbed with a local anaesthetic

- The procedure usually takes less than 15–30 minutes
 - You may have a small dressing and mild tenderness afterward
 - Results usually return in about a week
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After the Check

- If no concerning spots are found, your doctor will advise when to return for another check – usually every 12 months.
 - If treatment is needed, you'll be guided through the next steps.
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Early detection saves lives — so if you notice anything new, changing, or unusual on your skin, book a skin check right away.