



Patient Information Sheet

Looking After Your Skin

Thank you for visiting Molecheck and taking the important step of caring for your skin, and your health. New Zealand has one of the highest rates of melanoma in the world – it's something we need to change!

By now, you will have met with your doctor and discussed the findings of your comprehensive mole check.

It's always great when our skin cancer doctors give the all clear! We hope your visit to Molecheck has provided you with peace of mind.

Stay vigilant and keep in touch

- **Although the Molecheck examination is extremely thorough, a small number of lesions may become apparent in the time between examinations.**
- **If you discover a change in size, shape, or colour of existing moles, or find a new mole or lesion, contact Molecheck and report it immediately.**

Going forward

It is essential to protect your skin with careful UV protection, and that you monitor your sun exposure.

We recommend that you commit to the following sun-smart tips:

- Where possible, wear UV protective clothing, broad-rim hats, and UV protective sunglasses
- Apply high sun protection factor (50+) broad-spectrum sunscreen to affected and heavily exposed areas every 2 hours. Remember to top up your sunscreen if you have been in the water.
- Seek shade during peak sunshine hours
- Diary a note to complete a self-examination (we suggest monthly) to check on existing moles and look for new skin lesions
- Book in your review at Molecheck

Getting Ready for your next Molecheck Examination

Your Molecheck examination does not routinely include an examination of the scalp, breast, buttock, or genital areas, unless you specifically asked for this to be done. Please check these areas and if there are any moles which you are concerned about contact Molecheck to arrange a time to return to have these looked at by the Molecheck doctor. Moles on the scalp are best located with the help of an assistant and by making multiple parts in wet hair.

If you would like further information about different types of skin cancers or sunscreen, these are available on our website. <https://www.molecheck.co.nz/>

From the Molecheck Team

Your Skin is Wonderful – let's keep it that way

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