



## ***Full Skin Exam***

**The purpose of this exam is to detect malignant melanoma,  
which could be a threat to your health.**

### **PREPARING FOR THE EXAM:**

- Please wear the gown with the opening in the back.
- Remove all clothing except underwear.
- Remove all make-up from any concerning growths on your face that you would like examined.
- Please point out any black or changing moles (including moles on your scalp or feet or hidden by underclothing) to the medical assistant prior to the dermatologist entering the room.
- Please check your scalp at home when your hair is wet and moles are easier to see.
- If socks or shoes are left on, we will assume that you don't need these areas checked.

### **SCHEDULING YOUR EXAM:**

*Please note that Full Skin Exams are scheduled at designated appointment times and should be scheduled with your primary dermatologist up to 6 months in advance.* This type of exam is more time-intensive than routine skin care visits. We must therefore limit these to specific time slots. If you have a specific growth/lesion that needs to be evaluated sooner, we will be happy to schedule a "specific growth/lesion check" appointment as soon as possible.

Each dermatologist has her own method for identifying and documenting moles. To ensure consistency in exams and to accurately follow lesions, your primary dermatologist will perform all of your melanoma screening exams.

**If you have a personal history of invasive melanoma,** please keep all appointments as advised by your surgical oncologist.

**If you have a personal history of melanoma or severely dysplastic moles or numerous atypical moles,** we advise that you have a melanoma detection exam by a dermatologist at least annually.

### **SELF SKIN EXAMINATION:**

*Examine your entire skin at home on a monthly basis.* Examine body front and back in a mirror, then right and left sides, arms raised. Bend elbows. Look carefully at forearms, back of upper arms, and palms. Next, look at backs of legs and feet, spaces between toes, and soles. Examine back of neck and scalp with a hand mirror. Part hair to lift. Finally, check back and buttocks with a hand mirror. Any new concerning mole or any changing mole should be re-evaluated, because a mole may be normal at one visit and become abnormal several weeks or months later. We recommend you have a yearly oral exam by your dentist and that your PCP/Gynecologist check your genital area. Mention to your hairdresser/barber to let you know if they notice any unusual or changing moles in your scalp. You should also ask your primary care provider to check and follow your Vitamin D Levels.