

Melanoma follow-up regime

You will be seen in the outpatient clinic initially then further appointments will usually be alternating between your Specialist and your GP. You should check yourself once a week for the first year then once a month after that. The frequency of the hospital and GP visits depends on the thickness of your melanoma.

Tumour Thickness	<1.0mm	≥1.0mm
1 st Year	3 months	3 months
2 nd Year	3 months	3 months
3 rd Year	3 months	3 months
4 th – 5 th Year	Patient	6 months
6 th Year	Patient	6 months

Sun sense

- Your melanoma was warning that your skin is sun sensitive
- Avoid sunbathing and sunbeds
- Avoid sunburn
- Avoid sun exposure in the middle of the day
- Wear a broad-brimmed hat and effective protective clothing when out in the sun
- Use a sunscreen at least SPF 15

Melanoma follow-up

- Melanoma is a type of skin cancer which is treated initially by removal of the tumour with a margin of surrounding skin.
- Most patients who have had a melanoma removed will have no further recurrence.
- A small number of patients will get further trouble from their melanoma.
- If the melanoma comes back it is likely to be in the form of a dark spot or lump in the skin near to where the melanoma was, or as a swollen gland in the armpit, groin or neck area nearest to where the melanoma was.
- If further recurrence appears you will usually need further surgery, and possibly other treatments.
- The greatest risk of the melanoma coming back is in the initial months after removal and decreases after 2-3 years.
- You need to check yourself for signs of recurrence. You will be taught how to do this. Your Specialist and GP will help you.
- To begin with you will also be seen in the hospital and by your GP.
- If you notice something unusual do not wait for your next appointment, contact your GP or Specialist immediately.
- You should keep an eye on any other moles you have. If any of these change let your doctor know.
- Once you have been discharged from follow-up you should continue to keep an eye on yourself.
- If you notice a problem you can contact your GP, but you can always return to the clinic. To arrange an appointment telephone your Specialist.
- If there is anything you do not understand or this is worrying you please ask.

Patient-held record of melanoma follow-up

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& Aesthetic Surgeon
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Name of Patient: _____

Address: _____

Site of primary lesion: _____

Date of Excision: _____

Tumour thickness: _____

General Practitioner: _____

Surgery: _____

Specialist: _____

Telephone: _____

Specialist: _____

Telephone: _____