

## Melanoma follow up regime

You will be seen in the outpatient clinic initially. Further appointments will usually alternate between your hospital 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 will depend on the thickness of your melanoma.

Tumour thickness	< 1 mm	≥1 mm
Year 1	3 months	3 months
Year 2	-	3 months
Year 3	-	3 months
Years 4 & 5	-	6 months
Year 6	-	Patient

## Sun sense

Your melanoma was a 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 clothing when out in the sun.
- Use a sunscreen of at least SPF 15.

Alice Andrews, March 2012  
Review due March 2014

## Melanoma follow up

- Melanoma is a type of skin cancer that 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.
- If the melanoma comes back, it is likely to be in the form of a dark spot or lump in the skin near where the original melanoma was. It may also be indicated by a swollen gland in the armpit, groin or neck area, nearest to the melanoma site.
- If a further recurrence appears, you will usually need further surgery and possibly other treatments.
- The greatest risk of the melanoma coming back is within months following removal and the risk decreases after two or three years.
- You need to check yourself for signs of recurrence. You will be taught to do this.
- If you notice something unusual, do not wait for your next appointment – contact your GP or hospital 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 appointments, you should still continue to check yourself regularly. If you notice a problem after discharge, contact your GP.

## A record of your melanoma follow up appointments

Your name:   
Hospital No.   
NHS No.

Site of primary lesion:   
Date of excision:   
Tumour thickness:

Your GP:   
Surgery:   
Tel:

Your consultant:   
Tel:   
Your consultant:   
Tel:

Your CNS	Alice Andrews
Tel	0118 322 7271

