

Melanoma follow up regime

The appointment will include a skin check and lymph node examination. The frequency and number of visits will depend on the thickness of your melanoma. This will be written at the top of your record.

If you have not received an appointment or need to change the date please contact the relevant admin team using the contact details on the front of the leaflet.

Education session - a two hour session runs four times a year and covers sun safety, self-examination and psychological support. You will be invited to this during your follow up. You will also be offered a Macmillan Holistic needs assessment.

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 30.

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 could recur in the glands located nearest to the melanoma site e.g. the armpit, groin or neck area.
- 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 a change in your moles or something new, that you think may be related to your melanoma contact your clinical nurse specialist for advice.
- 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.

Please bring this record with you to appointments.



Royal Berkshire
NHS Foundation Trust

A record of your melanoma follow up appointments

Your name.

Hospital No.

NHS No.

Site of primary lesion:

Date of excision:

Tumour thickness:

Site of nodal surgery:

Date:

Results:

Useful contacts:

Clinical nurse specialists:

Kate Ford and Mary Hill

Tel: 0118 322 7271

E-mail:

skincancernurses@royalberkshire.nhs.uk

Dermatology admin 0118 322 1888

Plastics admin 0118 322 1881

