



How to prepare for your full body skin check appointment:

Preparing for a skin check is important to ensure that the examination is thorough and effective in detecting any potential skin issues. Here is a step-by-step guide on how to prepare for your Skin check:

1. **This is a Full-Body Examination:** A comprehensive skin check involves a full-body examination. The doctor will inspect your skin from head to toe, including your scalp, nails, and areas that are not usually exposed to the sun.
2. **Wear Appropriate Clothing:** Wear loose-fitting and comfortable clothing that's easy to remove and put back on. This will make it easier for the doctor to examine your entire body.
3. **Remove Nail Polish:** Your finger and toe nails will also be examined as part of the examination, remove any nail polish beforehand.
4. **Avoid Makeup:** Please avoid wearing makeup to the appointment. This allows the doctor to see your skin clearly.
5. **Arrive Clean:** Ensure your skin is clean and free of any creams, lotions, or oils.
6. **Document Moles and Spots:** If you are concerned about specific moles or spots on your body, consider taking photos of them beforehand. This can serve as a reference for changes over time.
7. **Collect Information:** Gather information about your personal and family history of skin conditions, sunburns, and skin cancer. This information can help the doctor assess your risk factors.
8. **Provide Medical History:** During the appointment, be prepared to discuss your medical history, medications you are taking, allergies, and any other relevant health information.
9. **Be Open:** Be honest and open with the doctor about your concerns and any changes you have noticed in your skin.

10. **Ask Questions:** Prepare any questions you might have about your skin health, sun protection, or recommended skincare routines. This is an opportunity to gain valuable information from the doctor.

11. **Follow Recommendations:** After the examination, the doctor might provide recommendations for skincare, mole monitoring, or additional tests if necessary. Follow their advice for maintaining skin health.

Remember that skin checks are important for early detection of skin issues, including skin cancer. Regular self-examinations between professional visits are also recommended.

During the appointment, the doctor may recommend either biopsy (sample collection) of suspicious spots or spot treatment like freezing .

These may incur extra cost. Please talk to the receptionist or Doctor if you need more information about this.