



PORTSMOUTH DERMATOLOGY CENTRE

Portsmouth Hospitals
NHS Trust



ST MARY'S HOSPITAL
MILTON ROAD
PORTSMOUTH
PO3 6AD

How to check my melanoma whilst at home

Due to COVID-19 we will only be seeing you for your melanoma follow up appointment if we really have to. Your consultant will phone you at or before your appointment time. Here are instructions on what to do in preparation for this if possible.

Check the following 5 things:

1. Check around the scar and make sure there are no unusual changes such as dark areas, lumps or ulceration.
2. Carefully check the skin around the scar and toward your trunk if the scar is on an arm or leg.
3. Check to see the glands are not enlarged. Look at this website from the Norfolk and Norwich Hospital.

<http://www.nnuh.nhs.uk/departments/norfolk-and-norwich-skin-tumour-unit/>

This page has some good videos on how to check the glands in various areas, how to spot worrying new lesions and how to take good medical photographs.

4. Are there any new lesions since we last saw you that are 'ugly duckling' – see videos above. Attached is our guide for taking photographs and how to send them to us.
5. Are you otherwise well. We will ask you about any other symptoms that you might be experiencing.

After the appointment if it is deemed essential then we will arrange to see you in the department. We will only arrange this if we consider that your risk means we need to see you face-to-face.

If you have worries about your melanoma at other times please call our Nurse Specialists Becky and Amy on 023 8054 0427 or email on Rebecca.clancy3@nhs.net.

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