

What To Do Prior to a Skin Check



1. Remove Makeup and Nail Polish

Do not wear makeup (especially foundation) or nail polish to your appointment, as these can hide subtle signs of skin cancer on your face and under your nails.



2. Wear Comfortable, Loose Clothing

Choose clothing that is easy to remove, as you'll likely need to undress down to your underwear for a full-body exam.



3. Avoid Lotions, Tinted Creams, and Self-Tanner

Skip applying lotions, tinted creams, or self-tanner on the day of your appointment. Plain moisturiser or sunscreen is fine, but avoid anything that could mask your skin's natural appearance.



4. Shower Before Your Appointment

Arrive clean and fresh, as this makes the examination more comfortable for both you and your provider.



5. Prepare Your Medical History

Bring a list of your current medications, previous skin treatments, and any personal or family history of skin cancer



6. Conduct a Self-Examination

Before your appointment, check your private areas for any new or changing moles, spots, or lesions. Make note of anything you want to discuss with your doctor.



7. Remove Large Jewellery and Keep Hair Loose

Take off large jewellery and wear your hair down or loosely so your scalp and ears can be examined easily.

Following these steps will help ensure your skin check is thorough, efficient, and maximally informative for both you and your healthcare provider.