

During your skin check appointment, you can expect the following process:

- The appointment typically lasts between **10 to 30 minutes** and begins with your doctor assessing your skin cancer risk. This includes discussing your personal and family history of skin cancer, your medical history, lifestyle, sun protection habits, and skin type. You will also be asked to point out any moles, spots, or areas of concern.
- You will be asked to undress down to your underwear to allow a full-body skin examination. This will be done in 2 stages, upper half and then the lower half. **You will never be fully undressed.** The doctor may have you lie down, sit, or stand during the exam to access all areas.
- The doctor will examine your **entire skin surface**, including commonly overlooked areas such as the scalp, behind the ears, between the toes, soles of the feet, and nails. Breasts and genital areas are usually not examined unless you specifically request it or have concerns in those regions.
- A dermatoscope, a handheld magnifying device, will be used to closely inspect moles and lesions. This tool allows the doctor to see **detailed patterns and structures within the skin** that are not visible to the naked eye, increasing accuracy in detecting suspicious spots.
- If any lesions appear suspicious, the doctor will discuss next steps with you. This may include **monitoring the lesion with digital photography, performing a biopsy** (either partial or complete removal of the lesion), or scheduling follow-up checks.
- After the examination, the doctor will inform you if any follow-up is needed and when your next skin check should be scheduled based on your individual risk factors. They also provide **advice on skin protection and self-monitoring**.
- Reception staff will assist with booking any necessary follow-up appointments and processing payments.

This thorough process ensures early detection and management of skin cancer, giving you the best chance for effective treatment.