



# Melanoma: Follow up care and cancer in remission

(leaflet 6 of 7)

Patient information from the British Association of Dermatologists

Produced for National Cancer Patient Information Pathways, National Cancer Action Team

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Melanoma leaflets in this series, produced by the British Association of Dermatologists:

1. Prevention and risk factors
  2. Symptom awareness and early detection
  3. Referral, tests and investigations
  4. Diagnosis and staging
  5. Treatments
  6. Follow up care and cancer in remission
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After your operation to remove the melanoma, you will be followed up regularly in the outpatient clinic. There are three main reasons for this:

- To make sure the tumour has not come back or spread.
- To detect any other skin cancers.
- To provide you with support and information.

At the clinic your scar will be checked, and your neck, groin and armpits will also be examined for lumps to detect any spread to the lymph nodes (glands) there.

Any other moles that you are concerned about will be examined and, if you have large numbers of moles, an eye will be kept on these too. Photographs of these moles may be taken and kept in your hospital notes. When you come back to the clinic, they will allow your doctors to compare the way your moles look now with how they looked before.

If your melanoma was at a very early stage when it was removed, you may need to be seen only once more in the follow-up clinic. Otherwise you will be reviewed every 3 months for at least 3 years. If you develop problems between clinic appointments, you should consult your GP who will arrange for an earlier hospital appointment if this is necessary.

Once your melanoma has been treated, you should be able to get back to a normal lifestyle quite quickly. You should also take a few sensible precautions to stop yourself getting another one. You should look at all areas of your skin monthly for moles that are growing or changing. You must also protect yourself from too much sun.

**For more information, please contact:**

**British Association of Dermatologists**

4 Fitzroy Square, London W1T 5HQ

website: [www.bad.org.uk](http://www.bad.org.uk)

tel: 0207 383 0266

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