

Thank you for visiting Molecheck and taking the important step of caring for your skin, and your health. New Zealand has one of the highest rates of melanoma in the world – it's something we need to change!

By now, you will have met with your doctor and discussed the findings of your comprehensive mole check.

It's always great when our skin cancer doctors give the all clear! We hope your visit to Molecheck has provided you with peace of mind.

Stay vigilant and keep in touch

- Although the Molecheck examination is extremely thorough, a small number of lesions may become apparent in the time between examinations.
- If you discover a change in size, shape or colour of existing moles or find a new mole or lesion, contact Molecheck and report it immediately.

Going forward

It is essential to protect your skin with careful, UV protection, and that you monitor your sun exposure.

We recommend that you commit to the following sun-smart tips:

- Where possible, wear UV protective clothing, broad-rim hats, and UV protective sunglasses
- Apply high sun protection factor (50+) broad-spectrum sunscreen to affected and heavily exposed areas every 2 hours. Remember to top up your sunscreen if you have been in the water
- Seek shade during peak sunshine hours
- Diary a note to complete a self-examination (we suggest monthly) to check on existing moles and look for new skin lesions
- Book in your review at Molecheck

Next appointment:

Kind regards

The team at Molecheck

Your skin is wonderful.

Let's keep it that way.