

Information for Full Skin Examinations

The Medical Group of New Jersey takes full skin examinations seriously. In order for our providers to perform a thorough exam, please follow the guidelines below.

1. **Remove any makeup** or foundation prior to your appointment.
2. **Remove nail polish** on toes or fingers.
3. **Shower** prior to your appointment.
4. If possible, come with **wet hair** to the appointment (suggested but not required to facilitate scalp exams).
5. Take note of any **worrisome spots or moles** to address during your visit.
6. Be prepared to disrobe, we will provide a gown for the exam (undergarments may be worn).

Description of Exam

The provider will examine your skin for lesions that appear suspicious for skin cancer or pre-cancer. Sometimes lesions do not appear suspicious but because of recent changes in the appearance or symptoms such as bleeding or scabbing, they may be worrisome for skin cancer. It is important that you monitor your own skin monthly for any new or changing lesions so that you can call out these lesions for evaluation during your exam.

The provider will generally focus on spots that are suspicious for skin cancer or have the potential to become cancerous. All other spots or general dermatology problems can be addressed at another scheduled visit.

Based on the examination and your personal history, the provider will make a recommendation regarding how often you should return for full skin examinations.