MR SIVA KUMAR

CONSULTANT PLASTIC SURGEON

PATIENT INFORMATION

Mole check

Skin examination with dermatoscopy
and how to check your own skin

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The Ü Clinic
Sevenoaks & Oxted

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This booklet explains what happens at a mole check and how to check your own skin.

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01 Why you have this booklet

You've been given this booklet because you have booked a mole check with Mr Kumar, or have had one.

It explains what happens, what to look out for, and how to check your own skin.

It won't answer every question, and it isn't a substitute for talking things through with Mr Kumar, so please note down anything you want to ask and bring it to your next appointment. There is space for your questions at the back.

02 What a mole check involves

Mr Kumar examines your skin and any moles that concern you, using a dermatoscope, a special magnifying light that shows the patterns inside a mole. If anything looks suspicious, he will discuss a biopsy or removal, monitoring with photographs, or other treatments.

The ABCDE checklist

- **A**symmetry: one half looks different from the other
- **B**order: irregular, ragged or blurred edges
- **C**olour: uneven, or several shades of brown, black, red or blue
- **D**iameter: larger than about 6 mm
- **E**volving: changing in size, shape or colour, or new symptoms such as itching or bleeding

Also see a doctor about

- a new spot that is growing
- a sore that doesn't heal within 4–6 weeks
- a mole that looks different from your others (the 'ugly duckling' sign)

03 Checking your own skin

✓ **Check once a month** in good light, using a full-length mirror and a hand mirror.

- **Don't forget** your back, scalp, the soles of your feet, between your toes and under your nails. Ask someone to help.
- **Take photographs** of moles you want to watch, with a ruler next to them.
- **Protect your skin** with shade, clothing and SPF 30 or higher, and avoid sunburn and sunbeds.

04 The procedure

The check takes about 20–30 minutes. You'll be asked to undress to your underwear so your skin can be examined. If a biopsy is needed, it can often be done at the same visit under local anaesthetic.

05 Risks and complications

Most people recover without any serious problems. But like any procedure it carries risks, and you should understand them before you decide. Where reliable published figures exist, we've given an approximate, rounded figure. Where they don't, we've used these standard terms:

COMMON	UNCOMMON	RARE	VERY RARE
more than 1 in 100	1 in 100 to 1 in 1,000	1 in 1,000 to 1 in 10,000	fewer than 1 in 10,000

Your own risk may be higher or lower depending on your health, whether you smoke, and the details of your procedure. Mr Kumar will talk through what applies to you.

What almost everyone experiences

These aren't really complications. They're a normal part of healing.

- A check itself carries no risk.

Other complications

- **If a biopsy is needed**
  A small scar, and the usual small risks of infection or bleeding.
- **Reassurance can't be absolute**
  A normal-looking mole can occasionally change later, so keep checking and come back if you notice anything new.

Complications of the anaesthetic

Local anaesthetic is very safe. It stings briefly as it goes in. Rarely it causes light-headedness, and very rarely an allergic reaction. If you have a general anaesthetic or sedation, your anaesthetist will discuss the risks with you separately.

06 Further treatment

Occasionally a further procedure is needed to refine the result, for example if healing leaves an area uneven or a scar needs revising. This isn't usually considered until things have fully settled, often 6–12 months afterwards. The cost of any further procedure isn't automatically included in your original fee; the clinic team can explain our policy.

07 Photographs and records

Photographs are taken before and after your procedure and kept in your medical records. They help Mr Kumar plan your treatment, record how things looked beforehand and follow your progress. This is standard good practice. If we ever want to use your photographs for teaching, publication or marketing, we will ask you separately and specifically, and saying no won't affect your care in any way.

08 Costs and insurance

If you are insured, please check your cover with your insurer before your procedure. Insurers need Mr Kumar's full name, **Siva Kumar Veeramani**, and his GMC number, **6114710**. If you are paying for yourself, you'll receive a written quote first. Self-pay consultations cost £250 and follow-ups £150.

09 Your decision

This is your decision and you have the right to:

- take as long as you need to decide, and bring someone with you to appointments
- say no to treatment, or withdraw your consent at any stage, without having to explain why and without it affecting any other care you receive
- ask for a second opinion from another surgeon.

10 Your personal information

Your personal and medical information is kept securely and used in line with UK data protection law (the UK GDPR and the Data Protection Act 2018). It's only shared with the people directly involved in your care, or where the law requires it, unless you give your consent for anything else.

11 Who to contact, and when to get help urgently

If you have any questions or worries, please contact the clinic during opening hours on **020 3026 9695** or **info@theuclinic.com**.

Contact us promptly if you have

- any mole or spot that is changing, bleeding or not healing

Out of hours, your emergency contact number will be given by the treating hospital or clinic.

12 What happens next

Before your procedure, Mr Kumar will go through this information with you again and take your written consent. If anything in this booklet has raised a question, or if anything changes with your health, your weight or your medication before then, please let us know.

My questions

Note down anything you want to ask Mr Kumar and bring it to your next appointment.

Questions or worries?

Please contact the clinic during opening hours. Out of hours, your emergency contact number will be given by the treating hospital. In an emergency, call 999.

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