

Your follow up plan

4 Monthly for: _____

From: _____

To: _____

6 Monthly for: _____

From: _____

To: _____

12 Monthly from: _____

for your lifetime.

Notes:

Please notify the Melanoma Unit if you have another melanoma removed.

Please notify the Melanoma Unit if you change your:

- Local doctor
- Skin specialist
- Address

If you have any further questions please contact the Melanoma Unit on:

P: 4985 0100

About Calvary

Founded by the Sisters of the Little Company of Mary, Calvary operate 15 Public and Private Hospitals, 15 Retirement and Aged Care Facilities and 22 Community Care Centres.



Mater Newcastle

Locked Mail Bag 7
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www.calvarymater.org.au

Follow up care for your check-ups

Melanoma Unit



Calvary

Mater Newcastle

Continuing the Mission of the Sisters of the Little Company of Mary

Follow up care for your check- ups

What is shared care?

As you have had a melanoma treated you will need a lifetime of check-ups and skin examinations.

You may have 'some or all' of these check-ups with your own family doctor or skin specialist.

At the Melanoma Unit, where possible, we encourage you to be cared for by your local doctor or skin specialist in conjunction with our melanoma specialists.

Your local doctor or skin specialist will be sent a letter outlining your follow-up care.

What do I need to do?

- Fully check your own skin every 2 - 3 months.
- Continue to have your check-ups at all times.
- At each visit to your doctor, you need to take your follow-up form with you for your doctor to complete.
- We would appreciate you returning this form to us in the pre-paid envelope provided.
- You will need to make an appointment with your local doctor or skin specialist specifically for your melanoma check-up. Please make this appointment in approximately: _____ and after this as per your follow-up plan.

What if I am worried?

You may use the services of the specialist nursing and medical staff of the Melanoma Unit at any time if you are worried.

If you have any questions or concerns about this follow up program, please contact us on 4985 0100.