

Post Mohs Monitoring

You are at an increased risk of skin cancer for the next **2 years** because of your skin cancer, that was just removed. The following are the ways to minimize that risk and catch any skin cancers early;

1. You should apply broad spectrum **sun block SPF 50 or higher** everyday even in the **winter**. Sun block loses its strength over time. If you are going to be outside to garden, play golf, boat, etc., bring the sun block with you and re-apply it every **2 hours**. You may use any brand as long as it says **UVA/UVB block or broad spectrum**.
2. You should see your dermatologist every **3 / 4 / 6 months** for a complete skin exam.
3. You should give yourself a full skin exam **once a month**, make sure you check your back. If you find any strange lesions see your dermatologist. Some of these lesions may look like: bleeding spots, strange moles, scabbing/crusting areas that do not heal, pimple like lesions that do not go away, or any lesion that looked like your prior skin cancer. Remember if you are ever worried about a spot come see your dermatologist and let them look at it.
4. There is always a small chance that your cancer may **recur** where it was removed. You should check the repaired site for any spots that look like your prior cancer **every month**.

Thank you for allowing me to be part of your care,

Wil D. Tutrone, MD
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