

Skin Checks

Regular skin checks are an important part of maintaining good health, particularly in Australia where skin cancer rates are among the highest in the world. Early detection of skin cancers, including melanoma, can be life-saving.

Our doctors offer thorough skin checks to assess moles, freckles, and other skin lesions for any signs of skin cancer or concerning changes. Skin checks may involve a full-body examination and the use of specialised tools such as a dermatoscope to closely examine spots on the skin.

Who should have a skin check?

Skin checks are recommended for anyone, but are especially important if you:

- Have fair skin, light hair, or light eyes
- Have a history of sunburn or high sun exposure
- Have many moles or freckles
- Have a personal or family history of skin cancer
- Notice a new, changing, or unusual spot on your skin

What to expect

- During your appointment, your doctor will:
- Examine your skin from head to toe (with your consent)
- Discuss any spots you are concerned about
- Provide advice on sun protection and skin self-examination
- Arrange monitoring, biopsy, or referral if required

How often should skin checks be done?

For most people, a skin check every 12 months is recommended. Those at higher risk may need more frequent checks, as advised by their doctor.

If you have noticed a spot that is new, changing, itchy, bleeding, or not healing, we recommend booking an appointment promptly.

Cost

\$185 with a Medicare rebate

To book a skin check or discuss any skin concerns, please contact our practice 02 6971 9009