



Monthly Skin Self-Check Checklist

For Organ Transplant Recipients

Check your skin once a month — it could save your life.

1 Do a head-to-toe skin check



- ☐ Check your scalp and hairline (use a mirror or ask someone to help).
- ☐ Check your face, ears, neck and behind your ears.
- ☐ Look at your chest, back, stomach and sides (use a mirror or ask someone to help).
- ☐ Check your arms, hands, legs, feet and between toes.

Look for any new or changing spots, moles, lumps or sores.

2 Watch for warning signs



Look for:

- A new spot or mole
- A change in size, shape, colour or texture
- A sore that doesn't heal
- A bleeding or crusting spot
- A rough, scaly patch
- A lump or thickened area
- A spot that looks different from others (the "ugly duckling")

3 Don't wait – get it checked



If you notice any new or changing spots, or anything that worries you, contact your dermatologist or transplant team for an assessment.

4 Protect your skin from the sun



- ☐ Use a high-factor sunscreen (SPF 50, UVA + UVB).
- ☐ Wear protective clothing, a wide-brim hat and sunglasses.
- ☐ Seek shade, especially 11am – 3pm.
- ☐ Avoid sunbeds and intentional tanning.

5 Make it a habit



Complete your skin check **every month** and tick the box when you've done it.

☐ Month: _____
Date: _____



Remember

- You are at higher risk of skin cancer after a transplant.
- The risk increases over time and with certain medications.
- Early detection and treatment save lives.

*Healthy skin
is your best
protection.*



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Body Map

Mark new or changing spots during your monthly skin check.



How to use this map:

1. Look carefully at each area of your body.
2. Mark any new or changing spots, moles, lumps or sores using the symbols below.
3. Bring this map to your next appointment if you have any concerns.

Key



= New spot



= Changing spot



= Sore / not healing



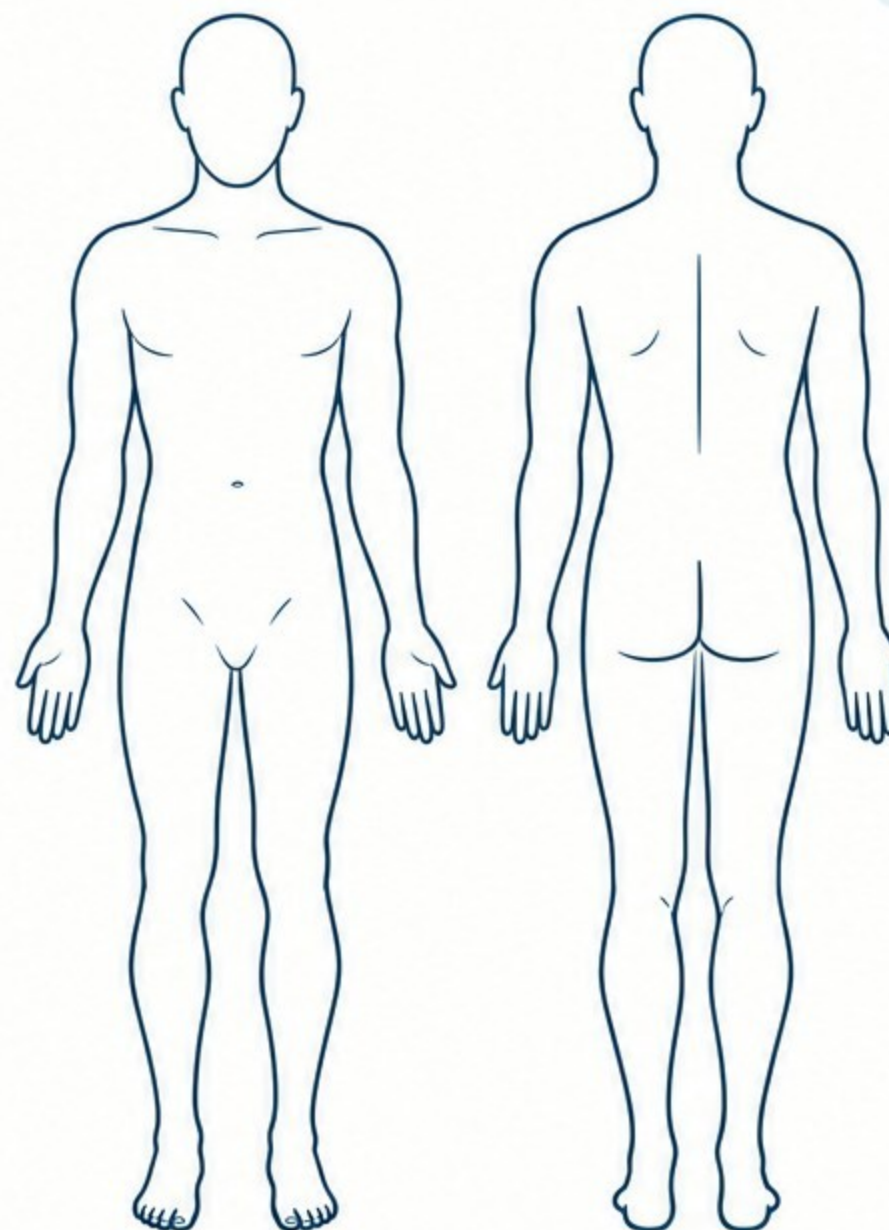
= Bleeding / crusting



= Lump / thickened area



= Other (please note)



FRONT VIEW

BACK VIEW

Notes:

— Check today. Protect tomorrow. —

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