

**Cardiff and Vale University Health Board  
Department of Dermatology**

**TREATMENT ADVICE TO PATIENTS FOLLOWING  
EXCISION OF MALIGNANT MELANOMA**

We have removed the melanoma from your skin and it has been carefully examined under the microscope. With this type of tumour there is a small chance that it might spread to other areas of the skin or other parts of the body. Although this only rarely occurs, we would like you to be aware of the features that you should look for.

The commonest recurrence is around the site of the previous melanoma and may appear as small, coloured or non-coloured patches or lumps around the original scar. The second most common appearance is of swelling in the glands [lymph nodes] around the neck, under the arms or in the groin. When you attend the clinic, the doctor or nurse will carefully examine you to see if there is any evidence of changes in the skin or swelling in the lymph glands. You will also be taught how to examine yourself for these changes.

Whilst under our care; should you notice any new growths in or around the scar or unexplained swellings in the glands before your next dermatology appointment, do not wait until then, please contact your Key Worker; Sharon Hulley [029] 2184 3278 or Anwen Nicholas [029) 2184 8747. If you have been discharged from our care we would kindly ask that you please see your G.P. who will refer you back to our department if necessary.

Occasionally, people who have already had a malignant melanoma can develop a new and unrelated malignant melanoma elsewhere on the skin. Whilst under our care, if you notice any new moles developing on your skin or any alteration in your current moles - such as a change in the colour, shape or size, spontaneous bleeding, oozing, crusting or itching, you should contact our department. If however, you have been discharged from our care please see your G.P.

Malignant melanomas most commonly arise because your skin has been damaged by the sun, however if you take care to reduce future exposure to the sun and especially avoid being sunburned, you will greatly reduce the chance of developing any future skin problems.

**For further information about skin diseases we suggest you visit the  
British Association of Dermatologists website at:**

<https://www.bad.org.uk/for-the-public/patient-information-leaflets>