



INNOVATIVE
DERMATOLOGY

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Mole Mapping

(Total-Body Photography & Mole Monitoring)

What Is Mole Mapping?

Mole mapping is a skin surveillance program that combines:

- **Total-body photography** (baseline photos of your skin), and
- **Digital dermoscopy** (high-magnification images of selected moles)

These images are stored securely and compared over time to detect **new moles** or **subtle changes** early—especially important for **melanoma screening** in higher-risk patients.

Why Mole Mapping Matters

Some melanomas can be difficult to spot early because changes may be subtle. Mole mapping helps by:

- Detecting **new lesions** that stand out (“new or different”)
 - Tracking **atypical moles** for change over time
 - Reducing unnecessary biopsies by allowing safe monitoring when appropriate
 - Supporting earlier diagnosis, when treatment is most effective
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Who Benefits Most From Mole Mapping?

Mole mapping is often recommended if you:

- Have **many moles** (commonly 50+)
- Have **atypical/dysplastic nevi**
- Have a **personal or family history of melanoma**
- Sunburn easily or have a history of intense sun exposure
- Have changing moles or “moles that look different from the others”

Your dermatologist will confirm whether mole mapping is right for you.

What Happens During a Mole Mapping Visit

A typical visit may include:

1. **Full-body skin exam** by your dermatologist
2. **Baseline total-body photographs** (to document your skin pattern)
3. **Dermoscopic images** of selected moles that need closer monitoring
4. A personalized follow-up plan based on your risk level

If a spot appears suspicious, your dermatologist may recommend a **biopsy**.

Pre-Op Instructions (Before Your Mole Mapping Appointment)

To get the best images and most accurate baseline:

24–48 hours before

- **Avoid sunburn or tanning** (sunburn can make evaluation harder)
- If possible, **avoid self-tanners** for at least 1 week
- Make a note of any moles you're worried about (phone photo is fine)

Day of appointment

- Wear **loose, easy-to-change clothing**
- Avoid heavy makeup, body oils, or glitter lotions
- **Remove nail polish** if possible (nails can be part of skin screening)
- Tie up long hair or bring a hair clip (helps scalp exam)
- Bring a list of:
 - Personal/family skin cancer history
 - Any prior biopsies or melanoma diagnoses
 - Medications (especially immunosuppressants)

Privacy note: You will be draped appropriately, and only medically necessary images are taken.

Post-Op Instructions (After Your Mole Mapping Appointment)

If no biopsy was done

- No downtime—return to normal activities immediately
- Follow your dermatologist’s plan for:
 - **Routine skin exams**
 - **Digital follow-up comparisons** (commonly 3–12 months depending on risk)

If a biopsy was done (sometimes happens the same day)

You will receive specific wound care instructions, but typical guidance includes:

- Keep the area clean and covered as directed
 - Avoid swimming/hot tubs until healed
 - Watch for infection signs: increasing redness, warmth, swelling, pus, fever
 - Expect results in several business days (timing varies)
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How Often Will I Need Mole Mapping?

Follow-up depends on your risk level:

- **Higher risk:** more frequent monitoring (often every 3–6 months initially)
- **Moderate risk:** typically every 6–12 months
- **Lower risk:** periodic monitoring as advised

Your dermatologist will tailor the schedule to your history and mole pattern.

Where Mole Mapping Fits in Our Services

Category: 📍 **Skin Cancer & Precancerous Conditions**

Mole mapping supports early detection and careful monitoring for patients at elevated risk.

Call to Action

A strong baseline makes it easier to spot change early.

👉 **Schedule a Full-Body Skin Exam + Mole Mapping**

Mole Mapping FAQ

What is the difference between mole mapping and a regular skin exam?

A **regular skin exam** checks your skin for suspicious lesions today.

Mole mapping creates a **baseline photo record** and tracks change over time—especially helpful if you have many or atypical moles.

Does mole mapping hurt?

No. Total-body photography and dermoscopy are **painless and noninvasive**.

Will you photograph all of my moles?

Not necessarily. Total-body photos document your overall skin pattern. Your dermatologist may take **close-up dermoscopic images** of selected moles that need monitoring.

Does mole mapping replace a biopsy?

No. Mole mapping helps determine which moles can be safely monitored—but if a lesion looks suspicious, a **biopsy is still the definitive test**.

How long does the appointment take?

It varies by the number of moles and images needed. Most visits take **longer than a standard skin exam**, but many patients find it worthwhile for peace of mind and accuracy.

What should I watch for between visits?

Contact us if you notice:

- A **new** spot that stands out
 - A mole that is **changing**
 - A sore that **doesn't heal**
 - A spot that **bleeds, crusts, or becomes painful/itchy**
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Is mole mapping only for melanoma?

It's most commonly used for melanoma surveillance, but it can also help monitor other changing lesions and support comprehensive skin cancer screening.

How are my images stored?

Images are stored securely as part of your medical record and used only for clinical care and comparisons over time.

Is mole mapping covered by insurance?

Coverage varies by plan and medical necessity. Our office can help review coverage and options before your visit.