



PALMERSTON MOLE SCAN CLINIC

Patient Preparation Instructions

To ensure optimal imaging, please follow these instructions before your visit.

Before Your Appointment:

- Arrive 30 minutes early for your scheduled appointment.
- Expect your visit to last 30 minutes.
- Wear comfortable clothing and shoes that are easy to remove.
- Avoid wearing jewelry, including watches, bracelets, necklaces, chains, and piercings.
- Do not wear any makeup, sunscreen, lipstick, eyeliner, or nail polish.
- Avoid self-tanning products or any skin-related procedures (ex. Botox, dermal fillers, cryotherapy) for at least four weeks before your appointment.
- Tie / wear your hair up if you have long hair, as it may obstruct the mole mapping process.
- Do not wear black or dark socks.
- It is recommended to shower or bathe prior to the appointment.

Important Grooming Note for Patients:

- Body hair on the chest, abdomen, back, arms, or legs, must be trimmed or shaved.
- Incomplete preparation may obstruct detection of lesions. You may be asked to reschedule the appointment.

If you have any questions regarding the above, please contact the clinic directly.