

# PREPARING FOR YOUR TBP VISIT



Avoid wearing make-up, or plan to remove it in the office before the scan. Avoid wearing nail polish.



If your skin is visibly dry, especially on your arms and legs, use a moisturizer before your appointment.



You will be asked to remove any jewellery, watches, glasses, etc. for the scan, to avoid reflections that can affect the images.



If you have long hair, you will be asked to wear your hair up for the scan. If you have lots of flyaways, we will give you a hair net to wear.



Wearing underwear during the scan is optional, but if you choose to keep them on, light colours are best to avoid interfering with the scan. (Either way, you can wear underwear and a gown/drape once the scanner photos are completed.)

# AT YOUR TBP APPOINTMENT

## DURING YOUR FIRST APPOINTMENT

- **Check in at Suite 304**, at Skinnova's aesthetics centre reception. Our assistant will check you in, review your history with you, and walk you through the following steps.
- In a private area, behind a curtain, you will **undress for the scan** to your level of comfort (underwear is optional).
- During the scan, you will be **standing on a platform, while the cameras move around you**. The scan takes **one minute**. The lights can be bright - if needed, we can give you goggles to wear.
- After the cameras are done rotating, you'll **stay on the platform** and our assistant will guide you through taking some photos of areas the scanner can't see, like the palms of your hands and the bottom of your feet.
- Once all the pictures have been taken, the doctor will come in to **examine your skin, and mark any spots** that should be monitored more closely. (This doesn't mean they are concerning!) Please note the doctor **unfortunately cannot discuss any other skin issues with you during this visit**.
- Our assistant will then use a dermatoscope and a camera to **take close-up/magnified photos** of all the marked spots. Once this is done, you can dress again.
- You can expect the appointment to take **20-30 minutes in total**.
- We will send you a **follow-up report by email** in the days following the appointment.

## DURING YOUR FOLLOW-UP APPOINTMENT

- When you **return to the clinic, usually in one year**, you will repeat the scan and the dermoscopic images of the same spots, and any new spots you've noticed.
- The doctor will review the images after your appointment, and send you a follow-up report. If there are concerning changes to follow-up on, we will discuss a care plan with you.

## WHAT IF WE FIND SOMETHING?

- Sometimes we may notice a spot that looks suspicious or concerning for a possible skin cancer, either during our skin exam, or while reviewing images after you leave.
- If this happens, we will discuss the findings with you and decide on the best course of action. This care plan might include:
  - booking a short-term follow-up appointment to **re-examine the spot**
  - **providing treatment** (like cryotherapy or "liquid nitrogen" treatment)
  - **doing a biopsy** of the spot to send for confirmatory testing
- We will always offer to do this at our office with one of our dermatology providers, and this kind of medical care is covered under OHIP.

## I HAVE MORE QUESTIONS!

- We would be happy to answer them! Please get in touch:  
Call our office at 905-549-1025, or email us at [medical@skinnova.ca](mailto:medical@skinnova.ca)