

Patient information

Squamous Cell Carcinoma skin care

Squamous Cell Carcinoma

Your doctor will inform you of what type of squamous cell carcinoma (SCC) you have had removed. The doctor will review you depending on the type of SCC you have. This includes the frequency and length of time for you to be monitored.

At each visit your doctor will check the area of your body where the tumour was removed from, as well as examining the nearest lymph glands to check for any sign of tumour cells having spread and formed a lump that can be felt. If a lump is found, cells can be sampled via a biopsy to see if they relate to your skin cancer.

Self-Examination

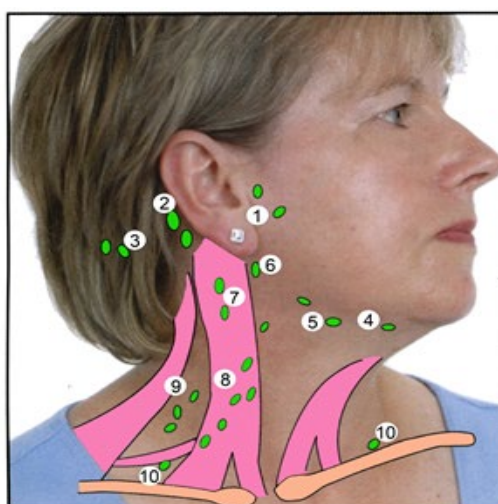
It is important that you are part of your follow up by self-examining at least once a month for any new lumps or swellings, and in the case of SCC, for any lumps in the nearest lymph glands.

Get used to the feel of your head and neck so that any new lumps or swellings can be detected earlier. Lymph glands can be hard to feel but will become enlarged if cancer cells lodge in them. In this case, they are usually painless.

Checking your lymph glands in the head and neck

Use your fingertips and a gentle circular motion to feel the lymph glands in the areas illustrated in Figure 1.

Figure 1. Examine in the order shown.

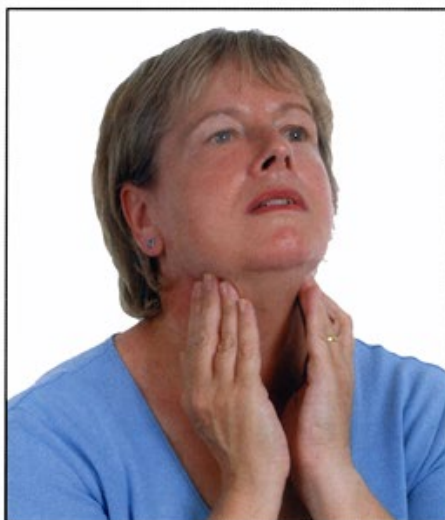


Start with the nodes in front of the ear (number 1) then follow in order finishing just above the collar bone (number 10). Always check your nodes in this order. Check both sides for comparison.

Figure 2. How to check lymph glands in front of the ear.



Figure 3. How to check lymph glands in the neck.



Sun Safety

It is important that following the diagnosis of any skin cancer, you think about your attitude to sunshine. It is essential to avoid sun damage, but this does not mean avoiding the sun altogether. Sunshine is important to make vitamin D to prevent weak bones.

Sun damage can happen even if it is not a sunny day. Use a Factor 50 (SPF 50) sunscreen, especially on scars. Remember to protect the back of your neck, behind your ears, your lips and under your nose. Reapply every 3-4 hours.

Important information

This patient information is for guidance purposes only and is not provided to replace professional clinical advice from a qualified practitioner.

Your comments

We are always interested to hear your views about our leaflets. If you have any comments, please contact the patient experience team on 0300 131 4784 or esh-tr.patientexperience@nhs.net.

Hand hygiene

We are committed to maintaining a clean, safe environment. Hand hygiene is very important in controlling infection. Alcohol gel is widely available at the patient bedside for staff use and at the entrance of each clinical area for visitors to clean their hands before and after entering.

Other formats

If you require any of our leaflets in alternative formats, such as large print or alternative languages, please contact the Equality and Human Rights Department on 0300 131 4434 or esh-tr.AccessibleInformation@nhs.net

After reading this information are there any questions you would like to ask? Please list below and ask your nurse or doctor.

Reference

The following clinicians have been consulted and agreed this patient information:
Mr C Surwald, Maxillofacial Head and Neck Consultant

The directorate group that has agreed this patient information leaflet: Diagnostic, Anaesthetic and Surgery.

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Responsible clinician/author:	Vanessa Kolberg Staff Nurse Kerrie Burns Staff Nurse

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