

Preparing for Digital Mole Mapping

Digital mole mapping is provided in our Poughkeepsie office. A female staff member of Hudson Dermatology will take about 20 digital photos of your visible skin surface. The photographs are stored in a secure database so they can be compared for changes at your next visit, usually 6 to 12 months later.

It is best to schedule the subsequent mole mapping visit a few weeks before your annual skin exam with your dermatologist. This way, the dermatologist will have your mole mapping analysis available during your skin check.

Please wear as little jewelry as possible. You will need to remove watches, bracelets, chains, earrings and other jewelry before the mole mapping session.

Please do not wear make-up, lipstick, eyeliner, nail polish or self-tanning solutions.

Please do not schedule mole mapping when you have a rash (such as poison ivy) or prominent tan lines, because this may make the mole map more difficult to interpret.

Please let us know if you have new tattoos.

Please let us know if you have noticed particular spots that may have changed, so that our staff member may take a close-up photograph.

If you have long hair, please bring a rubber band or hair clip so that you can wear your hair up during the mole mapping procedure.

We encourage you to use our disposable black paper undergarments (shorts for all, and bras for women) during mole mapping. They are available in S, M, L and XL sizes for both men and women. If you prefer to wear your own undergarments, please wear black or white briefs or panties and remember you will need to wear similar undergarments for subsequent mole mapping sessions. Areas covered by undergarments will not be monitored by digital mole mapping.

We do not allow full nudity; all patients must wear shorts. Women can elect whether to wear a bra depending on whether they want to have the upper torso fully monitored by digital mole mapping.