

STITCH FREE MOLE & SKIN TAG REMOVAL PATIENT AFTERCARE INSTRUCTIONS

You have just undergone Ellman removal of moles and/or skin tags and/or seborrheic keratoses.

The following instructions **MUST** be followed to ensure the best result from your treatment and minimize possible scarring. It is important that you **DO NOT** allow any drying or scabbing of the small wounds left behind after mole and skin tag removal. Scabbing will result in scarring and may also increase the possibility of infections forming.

Each aftercare option relates to the difference lesions that are removed cosmetically:

Option 1 – for moles/skin tags removed that were brown

Your cosmetic practitioner has applied Bactroban ointment and a bandaid immediately after completing the procedure. You **MUST** reapply the ointment and a fresh bandaid frequently (eg 2-6hrly) for the **ENTIRE** healing process. The healing process takes 10-14 days for average sized moles on the face and 3-4 weeks for average sized moles on the body/below the neck. The wound **MUST** be kept covered **AT ALL TIMES** to ensure the best result otherwise scar tissue will form. The ointment & bandaid should be left on for showering and overnight. If this process is followed, a new layer of healthy red/pink skin will gradually grow across the wound from the outside rim to the centre, eventually covering the entire wound. At this stage, it is **VERY** important to protect the new skin from the sun by using a 30+ sunblock to prevent sunburn or brown discolouration (hyperpigmentation). Once healed, the red/pink new skin may take 6-10 weeks to fade to a more normal skin colour as further layers of skin form. The final appearance may be just like the surrounding skin or may be slightly paler (It can also be darker in some dark skinned patients).

Option 2 – for moles/skin tags removed that were not brown

Your cosmetic practitioner has applied Bactroban ointment and a bandaid immediately after completing the procedure. You **MUST** reapply the ointment and a fresh bandaid frequently (eg 2-6hrly) for the **ENTIRE** healing process. The healing process takes 10-14 days for average sized moles on the face and 3-4 weeks for average sized moles on the body/below the neck.

The wound/s **MUST** be kept covered at all times **BUT** you have been advised to remove the bandaid (leaving the wound uncovered) for **APPROXIMATELY 10 MINUTES** each day. Exposure to daylight (**NOT** direct sunlight) during the healing process (eg approx 10 mins each day for 10-14 days or 3-4 weeks) will encourage some natural re-pigmentation of the skin while it heals. This may avoid the presence of a pale/whitish area of skin forming at the site of the removal. The ointment & bandaid should be left on for showering and overnight. If this process is followed, a new layer of healthy red/pink skin will gradually grow across the wound from the outside rim to the centre, eventually covering the entire wound. At this stage, it is **VERY** important to protect the new skin from the sun by using a 30+ sunblock to prevent sunburn or brown discolouration (hyperpigmentation) Once healed, the red/pink new skin may take 6-10 weeks to fade to a more normal skin colour as further layers of skin

form. The final appearance may be just like the surrounding skin or may be slightly paler (It can also be darker in some dark skinned patients).

Option 3 – for a combination treatment consisting of some moles/skin tags removed that were not brown AND some moles/skin tags removed that were brown

In this situation both of the above options must be followed corresponding to each individual lesion removed.

Option 4 – for multiple small skin tags or multiple flat dry pigmented lesions known as seborrheic keratoses

Your cosmetic practitioner has applied Bactroban or vaseline ointment and may have applied a bandaid/dressing immediately after completing the procedure. The wounds usually heal in about 3-7 days depending on the size of the lesion/s removed. It is advisable to reapply the ointment and change the bandaid/dressing (if used) every 2-6 hrs for the first 24 hrs. After 24 hrs the bandaid/dressing can be used if necessary for comfort (eg if lesions were large or in areas where rubbing may occur), otherwise simply apply a smear of vaseline 2-3 times per day for 2-7 days depending on the size of the wound. If this process is followed, a new layer of healthy red/pink skin will gradually grow across the wound from the outside rim to the centre, eventually covering the entire wound. At this stage, it is **VERY** important to protect the new skin from the sun by using a 30+ sunblock to prevent sunburn or brown discolouration (hyperpigmentation). Once healed, the red/pink new skin may take 6-10 weeks to fade to a more normal skin colour as further layers of skin form. The final appearance may be just like the surrounding skin or may be slightly paler (It can also be darker in some dark skinned patients).

GENERALLY:

It is important to tell your cosmetic practitioner if you have any history of abnormal skin healing or unusual scarring. Some people develop a scar known as ‘hyperterrophic or keloid scarring’ when the skin is traumatized. There may be a family history of this type of scarring known to you but in many cases people do not know that they will scar with this type of tissue. It is common in Asian and darker skin types, the highest risk area being the chest, shoulders and back (lowest risk is the face and upper parts of the neck). Although this is a cosmetic procedure, this type of scarring may still occur. If you experience any itching or inflammation at the wound site (will occur around 4 weeks post procedure), please contact the clinic. If this type of abnormal healing occurs it can be treated.

NOTE: IT IS IMPORTANT TO INFORM YOUR COSMETIC PRACTITIONER IF YOU ARE ALLERGIC TO BACTROBAN (OR ANY ANTIBIOTIC) OR ADHESIVE DRESSINGS SUCH A BANDAIDS. Please contact the clinic if an allergic response occurs.

If you have any questions or concerns about your treatment please contact the clinic on Ph: (07) 55 9333 88.