

## Cosmetic Mole/Lesion Removal Aftercare

### What to expect:

- The skin will appear pink at the site of the mole/lesion
- The mole/lesion removed will scab and appear larger and darker. The scab will resolve and fall off on its own - it is important that you do not pick at the scab
- Mild swelling redness and bleeding can occasionally occur and may be noticeable for a few days. Should you experience increased pain or swelling in the treated area, contact us immediately.
- You may experience some pain/soreness around the treated area - over the counter analgesics such as paracetamol can be taken
- The skin underneath the scab will appear pink and eventually fade over time

### Post-care Instructions

- Immediately after the mole/lesion has been removed your treating doctor will apply ointment and wound dressing
- Keep the wound clean and dry for 48 hours, and keep dressings on for 4 days following treatment
- Do not pick or peel off any scabbing
- Apply wound gel (Stratamed/Strataderm) post procedure for 14 days and/or Hydrocortisone 1% if advised at 7 days post procedure.
- No excessive exercise/sweating for 4 days
- No swimming, no hot tubs, saunas, steam rooms for 2 weeks
- Avoid direct sun exposure for 4 weeks - this is very important in order to avoid adverse pigmentation and to allow the area to heal. If you need to be out in the sun please ensure you are protected with SPF 50+ and a hat/clothing.
- Avoid products containing active ingredients eg AHA, BHA, Vit C, Vit A until the lesion has healed. Use gentle cleanser, moisturiser & SPF in the meantime.
- If moles/lesions removed are located on the face, mineral makeup can be worn as the dressings come off. It is best to avoid the treated area if possible