

2011



**laser, skin &  
wellness clinic**

# **MOLE REMOVAL FACT SHEET**

Ground floor | Chadstone Shopping Centre | 03 9530 9800 | [www.chadstone-wellness.com.au](http://www.chadstone-wellness.com.au)

## CAPILLARIES & MOLE REMOVAL FACTS

This fact sheet is for those who's considering having a skin lesion or a capillary removed using a combo method of high and radio frequencies. Lesions on the skin are lumps or bumps such as moles, cysts, fibromas, warts or skin tags. Most are benign (noncancerous) and harmless, but a number of people find them unsightly and want to get rid of them for aesthetic purposes.

### WHY REMOVE A SKIN LESION?

Most skin lesions do not cause any serious problems and people remove them for practical or cosmetic reasons.

### HOW SKIN LESIONS ARE REMOVED

The Clinical Skin Clear (also known as Lamprobe 4000), developed by Dr. Hubert Lam, is a unique radio frequency and high frequency instrument for the effective treatment of a wide range of common minor skin irregularities without penetrating the skin's surface. Clinical Skin Clear treatments are exceptionally quick (2-3 minutes per spot), with instantaneous results. Most of the time just one treatment required, but sometimes follow up procedure may need to be performed.

Skin conditions effectively treated by the Clinical Skin Clear include:

telangiectasia / capillaries/ spider veins	milia
cholesterol deposits	clogged pores
cherry angiomas	spider naevi
skin tags	fibromas
pimples	acne lesions

Melbourne MOLE Clinic is a part of Laser, Skin and Wellness centre located in Chadstone Shopping centre. MMC has a great success in minor skin irregularities removal with minimal chance of scarring with Clinical Skin Clear device.

### BEFORE THE PROCEDURE

You need to obtain GP consent letter to make sure the lesion is not cancerous and is safe for removal.

### WHY GP CONSENT IS A MUST?

Mole Removal is one good example of cosmetic procedure accompanying health reasons. Some moles resulted to be cancerous after going through a biopsy. It is necessary to give time to have it checked by a professional. **If a cancerous lesion is removed it can turn into more aggressive form of cancer.**

Your GP has your complete **medical history**, which may include information about other health problems, past health problems, current medications, occupation as well as any health issues that run in the family. Whilst at times some information may not appear relevant, it is usually very helpful to your doctor to formulate a diagnosis, and also to plan the most suitable treatment to help you. Based on the above and skin examination, your GP may suggest a **full skin check**; particularly if you are suspicious OR if you have an unusual rash, as there may be clues to the diagnosis on the rest of the skin. A full skin check helps is the assessment of any individual spot, as it appearance in comparison to other spots on your body adds useful information. It also helps identify any skin cancers or suspicious spots that you may not have noticed elsewhere on the body.

After the GP consultation, if the mole can be removed, you may find a cosmetic surgeon or doctor of your preference or come back to Melbourne Laser, Skin and Wellness clinic in Chadstone for affordable, in 90% of the cases scar less and instant mole removal.

If you do not have a physician near you, we can recommend a medical practitioner. We may also be able to provide you with a name of the closest listed physician who may be the best choice for your circumstances. We make no representation that we have a physician in your state or area. **It is our preference that you see your regular GP.**

A referral from a GP generally lasts for 12 months for the specified skin condition at your first consultation. A new referral is required if you seek treatment for a different problem, or if your past referral has lapsed.

### **DOCTOR CONSENT FORM IS ATTACHED & MUST BE COMPLETED**

#### **WHAT TO EXPECT POST-REMOVAL**

Once the procedure is completed no dressing is required. Medicated powder (available from any chemist) is applied on site of treatment. It's important that the wound stays as dry as possible for a few days.

No showers for 24 hours. When exposed to water pat dry the site and apply medicated powder on site. Avoid swimming pools or ocean swimming for the first week or two after the procedure.

It is normal to expect some pain or tenderness in the wound for a day or two. This is generally easily controlled with panadol. When it heals can use EGF/DNA cream for complete healing of the skin

The mole will scab & will take 1-2 weeks to naturally fell off, you may leave with some discoloration in the area (pinkness) & that can take 3-4 weeks to go away depending on individual healing time.

#### **SCARRING AND PERMANENCY OF RESULTS**

When it comes to the human body there is not too much that you can predict with 100 percent certainty. **You must be aware there is a small chance of scarring in the area of the mole and you must be prepared for this. If a possibility of a left over scar/mark scares you please do not proceed with the treatment. Although the site will heal over 4 weeks post procedure you occasionally need to allow up to three months or longer for the healing process to be complete.**

Results can vary from person to person. Usually, smaller moles will not come back. However bigger, deeper sitting moles may return after some time. In this case a repeat session is needed. The second procedure would be exactly the same as the first one and it will cost the same amount of money.

#### **HOME CARE ADVISE**

1. After treatment with Clinical Skin Clear, the areas that were treated may feel Irritated, tender, red.
2. Temporary scabbing may form. Do not pick at the scabs. Prematurely removed scabs may cause hyperpigmentation or scars. No hot showers for 48 hours. No swimming (pool/ocean) for 2 weeks
3. If the area is irritated apply some medicated powder or, occasionally hydrocortisone cream. Keep the area dry during the day. Pat area dry, do not rub as it may remove the scab prematurely
4. Do not expose area to direct sun. Apply sun block during the day, even in winter, cloudy & rainy days
5. Avoid direct sunlight during peak hours (11am – 5pm). No peeling/ bleaching products for 28 days
6. Clean face and shower, using mild products with no alcohol.

# DOCTOR CONSENT FORM

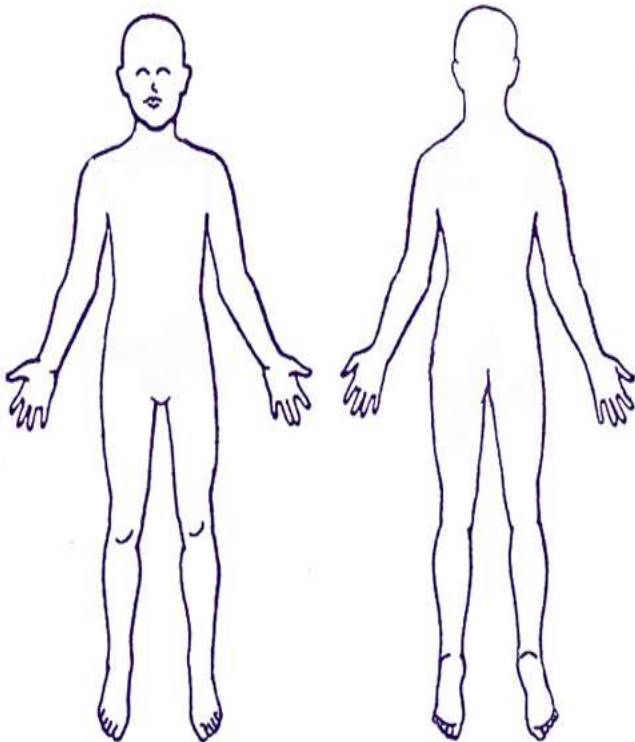
**PATIENT'S NAME:**

**DATE:**

I have examined the above patient's skin lesions /moles (*circle all that apply*)

on (*specify & mark area/s*) .....

and found none of them suspicious. In my opinion lesions are non malignant and can be removed. **All lesions that can be removed are specified above & marked on diagram.**



**DR'S OFFICIAL STAMP HERE**

**DOCTOR SIGNATURE:**

.....

"I am requesting to have my mole/skin lesion removed for cosmetic reasons. I understand that there is a small possibility that the mole/skin lesion may return at a later date if it was not completely removed. I agree not to hold the clinic and/or the doctor liable should my mole/skin lesion return at a later date" (please tick)

..... (patient sign here) ..... (date)

**NOTE:** Please sign & stamp this letter as it will not be accepted without the official doctor stamp and Doctor's signature