

## GUIDELINES FOR MOLE REMOVAL

### PRE-PROCEDURE

1. There are a number of over-the-counter supplies you should obtain prior to your surgical date. All of these can be purchased at your local pharmacy. These include:
  - a. Quality-tips, or Q-tips.
  - b. A small bottle of 3% hydrogen peroxide.
  - c. A tube of Bacitracin ointment. We recommend you avoid Neomycin.
2. Avoid all medications listed on our current 'Restricted Medications' list for at least 14 days prior to your procedure. If you misplace the one provided to you, the list is always on our website for you to download and reference. Tylenol is acceptable to take if you are having any pain symptoms leading up to surgery. If you have any questions regarding medication use, please contact our office.
3. Dr. Hilinski typically provides you with a prescription for postoperative medication (narcotic pain reliever) prior to your surgical date. If a prescription was not provided, contact our office to have one sent to your local pharmacy. These medications should be picked up **before** your scheduled date so that you have them immediately available after leaving the center.
4. Make sure you avoid any sun exposure for at least 4 weeks prior to your procedure. Treatment of skin that is tanned can increase risk of blistering and/or permanent skin damage.
5. Avoid self-tanning lotions in the month prior to treatment.
6. Stop use of Retin-A, Renova or equivalent skin peeling agents (retinols) one week prior to the procedure.
7. Do not apply any makeup on the day of your procedure.

### AFTER CARE

1. Immediately following the mole removal, you will likely have a bandage, or dressing, over the site. Keep the bandage dry and intact for the first 48-72 hours. Thereafter, you can remove the bandage.
2. Once the bandage has been removed you need to clean the site 2-3 times per day. The end point of proper cleaning is avoidance of any scabbing and/or crusting where the mole was removed. Do NOT clean it any more frequently.
  - a. In the case of a mole that was treated with a laser and/or shaved, you should start by using a dilute hydrogen peroxide mixture to clean the site. This will help minimize any scabbing or crusting over the site where the mole was shaved. It is very important that no scabbing and/or crusting occur. Scabbing and crusting will impede optimal wound healing and can lead to worsening scar formation. Normally you can dilute the over-the-counter hydrogen peroxide 1:1 with clean water. Using a Q-tip soaked in this dilute hydrogen peroxide mixture, clean the site of mole shaving. It is normal to see mild fizzling of the site during this step. After you have cleaned the site, you need to apply a layer of topical antimicrobial ointment. We usually recommend over-the-counter (non-prescription) Bacitracin ointment. Other over-the-counter ointments may be used instead, however, there is typically a higher incidence of allergic reactions occurring with these other ointments.
  - b. In the case of a mole that was cut out (where the skin was stitched), you should start by cleaning the incision and stitches with over-the-counter hydrogen peroxide. This will help minimize any scabbing or crusting along the incision(s). It is very important that no scabbing and/or crusting occur along the incision line. Scabbing and crusting of the incision will impede optimal wound

healing and can lead to worsening scar formation. After cleaning the incision(s) with hydrogen peroxide, you need to apply a layer of topical antimicrobial ointment. We usually recommend over-the-counter (non-prescription) Bacitracin ointment. Other over-the-counter ointments may be used instead, however, there is typically a higher incidence of allergic reactions occurring with these other ointments.

3. You can usually get the site(s) wet in the shower 3-4 days after the procedure.
4. Sleep with the head elevated above your heart level for the first 3 days.
5. It is normal for the surgical site to appear slightly swollen and even bruised for upwards of 10 days following surgery.
6. Mild bleeding and/or oozing are fairly normal within the first 72 hours of recovery.
7. Avoid application of makeup until one week out from the procedure.
8. A topical silicone gel is highly recommended starting 7-10 days after the mole removal. This should be continued for 4-6 months following the procedure. Our office carries a recommended topical silicone gel that works quite well for this purpose. Contact our staff to purchase this during one of your office visits.

## **QUESTIONS?**

Call our offices immediately at (619) 296-3223 if you have any questions or concerns.