



AEGIS | MD

FACE • BODY • SKIN • VEINS

MOLES, SKIN TAGS, SKIN IRREGULARITIES AND LESIONS

Treatment of moles, skin tags, skin irregularities and/or lesion removal may require different or multiples technologies, devices or manual removal.

CONTRAINDICATIONS

- Compromised immune system, systemic diseases or active infections

PRE-CARE INSTRUCTIONS

One Week Before:

- Please advise your medical provider with history of allergies, medications and **any** changes in medical history
- One week before treatment avoid anti coagulants, platelet inhibitors, and NSAIDs if not medically necessary
- Healthy omegas, including Luma-Glow, can increase risk of bruising. If bruising is of concern refrain from healthy omegas for 7 days before treatment
- **IMPORTANT: Do not stop taking any medication that has been prescribed or recommended by your doctor.**

Day of Treatment

- Wear comfortable clothes as there may be some soiling and/or pinpoint bleeding

POST-CARE INSTRUCTIONS

Keep the wound dry

- It is important to keep your wound dry, especially for the first 24 hours. The wound needs time to heal and moisture will slow this down.
- After the first 24 hours you can wet the wound for a short time, for example in the shower. Pat the wound dry immediately after it gets wet.
- Do not soak the wound or swim until the sutures have been removed.
- Only use creams or ointments (emollients) recommended by your doctor.
- If you sutures are also dressed with bandages, follow the care instructions given by your doctor.

Keep the wound clean

- Keep your wound clean and dirt free.
- Avoid any activities that may put strain on the area that has been sutured. This could lead to sutures coming apart.

The healing process

- Do not pick covering dressings.
- Do not pick scabs. They will fall off once the wound is healed or when the sutures are removed.
- A slight ooze may occur when the suturing is removed. This is normal.
- It is normal for the scar to be red in colour initially, but this will fade over the next few months.

Pain relief

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Pain relief

- If you have mild pain, consider taking paracetamol or ibuprofen and follow the manufacturer's instructions.

Signs of infection

A wound may become infected. Signs of infection are:

- fever within 48 hours of suturing
- redness
- swelling
- increased pain
- excessive or persistent ooze
- pus or smelly discharge.

Removal of sutures

- If sutures fall out before their removal date see your doctor.
- Your GP may be able to remove the sutures.
- In some cases, disposable sutures are used. These stitches will dissolve and break down themselves. These will not need to be removed by a doctor.

Wound healing and scarring

Scars form as a normal part of healing whenever the skin is damaged. All cuts will heal with a scar, however, the scar will be less noticeable if good care is given to the wound when it is healing.

During the first 6 to 8 weeks after the injury, the scar will change from a thick, red raised scar to a thinner, paler, more flexible one. Scars can take up to 2 years to fully mature.

The final appearance of the scar depends on several factors including the extent of the original wound, inherited skin qualities and how well the scar was looked after.

Moisturising

Moisturising lotions such as Vitamin E cream, aloe vera, sorbolene or other un-fragranced products can be used to soften the scar and make massage easier.

Sun protection

It is very important to protect the scar from sun damage, which can permanently discolour the scar. You should always cover the scar with at least SPF 30 sunblock or zinc cream, wear clothing that covers the scar and stay in the shade.

Daily activity

It is important to avoid activities and areas that will get the wound dirty. This includes bike riding, skateboarding and swimming and play areas like sandpits.

IMPORTANT INFORMATION

For any questions or concerns, do not hesitate to contact the clinic.

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(Available weekends and after hours).

