

EXCISION OF LESION

(MOLE REMOVAL)

Considering mole removal in Kent, Sussex, Surrey or London? We can help...

Do you have moles that you dislike?

Many moles are not only cosmetically conspicuous, but also a nuisance. They may get cut during shaving, bleed, or get caught on clothing, necklaces or combs. Some moles are "beauty spots", but others just look unattractive.

Most moles can be removed simply and quickly without the need to cut the skin or have stitches (otherwise known as shave excision) although in some cases stitches may be required. Mr Banwell uses both these methods to remove moles.

Moles on the face and neck respond best to removal. Other body areas are more likely to leave a small patch of pale skin when the mole has gone. Of course, all moles are examined by Mr Banwell before removal and if there is any concern that the moles are not completely benign (harmless growths) then a biopsy (sampling of tissue) may be recommended. Alternatively Mr Banwell may decide to remove the whole mole (this is termed an excision biopsy). In most cases the moles will be sent away to the pathology laboratory for analysis unless the surgical removal is purely for cosmetic reasons. You are in good hands as Mr Banwell performs hundreds of these procedures every year and is also Head of the Melanoma and Skin Cancer Unit (MASCUC) in East Grinstead.

What is a mole excision?

This refers simply to the surgical removal (cutting out) of a mole or "lump & bump" on the skin. The resultant wound is usually then put back together with stitches (sutures) but in some cases the lump/mole may be 'shaved' off and stitches are not required.

What does it involve?

The procedure is usually performed under local anaesthetic. This is a quick and simple procedure with a short recovery period.

Duration of surgery?

The operation itself may take between 15 - 60 minutes, depending upon what is being removed. You will be in the operating theatre for slightly longer than this to prepare for surgery and have the injection of the local anaesthetic.

Complications of surgery?

Unfortunately complications can occur following any surgery and patients need to be fully aware of this. Mr Banwell does his utmost to minimize the complication rate and likes to practise in a safe manner. The commonest complications include scarring, adverse scarring, bleeding, haematoma, infection, wound problems, delayed healing, numbness and damage to nerves and vessels.

After surgery?

After the surgery the wound will be dressed with brown surgical tape (micropore). This can get wet (showering or washing) but you should not soak in the bath. You will be able to shower the day after surgery, after which you can pat the tape dry with a towel then use a hairdryer on a warm setting; it is important to ensure the tape is fully dried. This will stay in place until after your stitches are removed and the wound will usually be re-taped for a further week or so. Mr Banwell may give you antibiotics in some instances.

Recovery?

You will be able to return to work/normal activities the following day, but it is important to take things easy and avoid strenuous activity for a minimum of 2-weeks. Stitches are usually removed between 1- and 2-weeks after the surgery. If your lump was shaved off then you will just leave the dressing to fall off in time

You will be able to drive the following day if you are careful. If the operation was on your face or head, it is important not to bend down or lift things for 48-hours after the operation - this is to minimise the risk of bleeding (for example, when doing up shoe laces, bring your foot up whilst sitting down, rather than bending down). It is also a good idea to use a couple of pillows when sleeping to avoid laying flat. This helps minimize swelling.

Success and satisfaction?

This is a safe, reliable and simple procedure with a low complication rate.

Important Notice

Mr Banwell strongly advises you stop smoking prior to surgery as this can affect the outcome of surgery and increase complication rates. Nutritional supplements, anticoagulant medication and blood thinners (eg. aspirin and brufen) all increase the risk of bleeding and should be stopped prior to surgery unless otherwise instructed.

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NOTES & QUESTIONS

AT A GLANCE

SURGERY TIME

30-60 minutes

HOSPITAL STAY

Outpatient procedure (sometimes day case main theatre)

ANAESTHETIC ASSESSMENT

No

PRE ADMISSION TESTS

No

SLEEPING POSITION

Sleeping with pillows for 1 week

REASONABLY MOBILE

1 day

WASHING

Can shower immediately

DRIVING

Following day

EXERCISE INCLUDING GYM

2 weeks off

TIME OFF WORK

1 day

RELATED PROCEDURES

Skin health and skin care

Wrinkle treatments

Chemical peels

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