

2016



Melbourne MOLE Clinic
Dealing with moles - the painless way

LESION REMOVAL INFORMATION

Considering having a skin lesion or capillaries removed using a method of high and radio frequencies? You have come to the right place. Lesions on the skin are lumps or bumps such as moles, cysts, fibromas, warts or skin tags. Most are benign 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

Clinical Skin Clear device (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. It works without penetrating the skin's surface. Treatments are very quick (2-3 minutes per spot), with instantaneous results. Most of the time just one treatment is required, but sometimes one or two follow up procedures may need to be performed.

WHAT TYPES OF SKIN LESIONS CAN BE REMOVED

telangiectasia / capillaries
cholesterol deposits
cherry angiomas
fibromas

milium
clogged pores
spider naevi
pimples

xanthelasma
cysts
skin tags
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 (see page 3).

WHY GP CONSENT IS A MUST?

Our skin lesions removal is a cosmetic procedure with high success rate. We can remove most lesions that we see. Since removal of a suspicious lesion can delay diagnosis or even turn cancerous lesion into a more aggressive form of cancer, you first need to check lesion with a doctor. Once doctor diagnoses lesion as benign we will gladly treat it.

Your GP has your complete **medical history**, including 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 to plan the most suitable treatment for 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.

If you do not have a regular physician, 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.**

Dr clearance/consent is valid for 6months. **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 about a week.

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 7-14days after the procedure. It is normal to expect some pain or tenderness in the wound for a day or two. To facilitate healing of the skin please use the recommended home care.

The lesion will scab & will take 1-2 weeks to naturally fall 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.

SCARS & MARKS POST PROCEDURE

When it comes to the human body there is not too much that you can predict with 100 per cent 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 4-8 wks post procedure you may need to allow up to 12wks or longer for the healing process to be complete.**

RESULTS & REPEATED PROCEDURE

Treatment has very high success rate although results may vary. Usually, smaller lesions will not come back. However bigger, deeper sitting ones may return after some time. Subsequent procedures are the same as the initial ones and costs are the same.

10 HOME CARE TIPS

1. Post treatment, the areas that were treated may feel Irritated, tender or red
2. Temporary scabbing may form. Do not pick at the scabs, allow them to fall off naturally
3. Remember that prematurely removed scabs may cause hyperpigmentation or scars
4. No hot showers for 48 hours. No swimming (pool/ocean) for 2 weeks
5. If the area is irritated apply some medicated powder or, occasionally hydrocortisone cream.
6. Keep the area dry during the day. Pat area dry, do not rub as it may remove the scab prematurely
7. Do not expose area to direct sun. Apply sun block during the day, even in winter, cloudy & rainy days
8. Avoid direct sunlight during peak hours (11am – 5pm). No peeling/ bleaching products for 28 days
9. Clean face and shower, using mild products with no alcohol
10. Make sure you are back for complimentary review 8 weeks post treatment

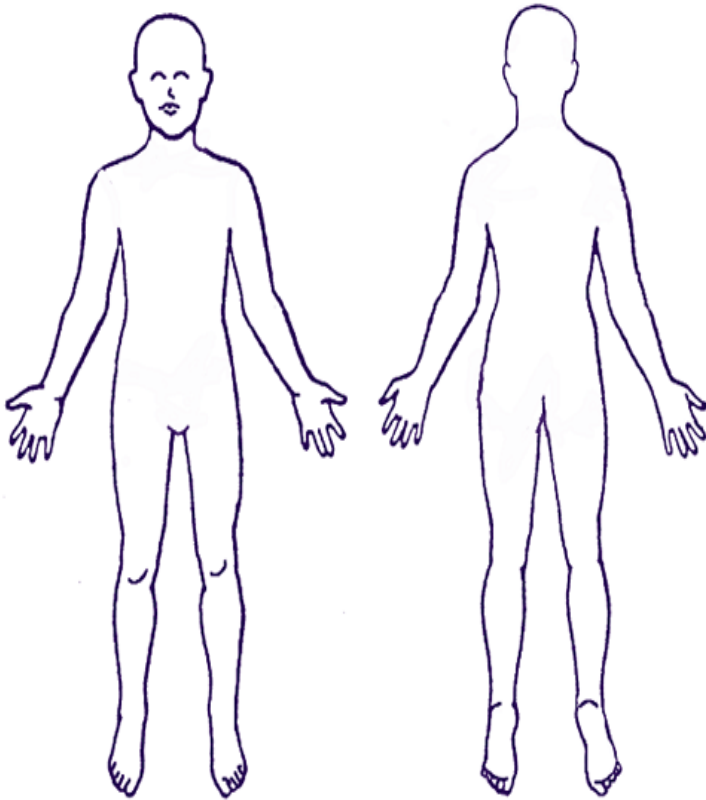
DOCTOR CONSENT FORM

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:

.....

Read & Tick - "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. I understand this letter is **valid for 6 months**"

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

Letter will not be accepted without your Doctor's stamp & Doctor's signature