

**The five things
you must know
prior to getting
your mole
removed**



The 5 things you must know prior to getting your mole removed. The truth about mole removal traditional specialists won't tell you about!

Many moles can be removed WITHOUT A SCAR! Sure, there are many moles that require the attention of a specialist plastic surgeon or dermatologist. Those moles with suspicious features, with a propensity to turn cancerous must absolutely without exception be removed in their entirety using traditional cut and stitch methods. MOST moles however don't!

This e-book will give you the knowledge often not taught in medical school. Cosmetic mole removal without a scar is possible in most cases. Read below the 5 things you MUST KNOW prior to engaging a doctor to remove an unwanted mole/lump or bump.



1) The difference between Traditional vs Cosmetic Mole removal

Not all Moles/Lumps/Bumps need to be cut out! In many cases, benign raised, fleshy moles that have been present your whole life, with no changes can be safely removed by cosmetic mole removal techniques. Many traditional methods for these lesions are out of date and archaic.

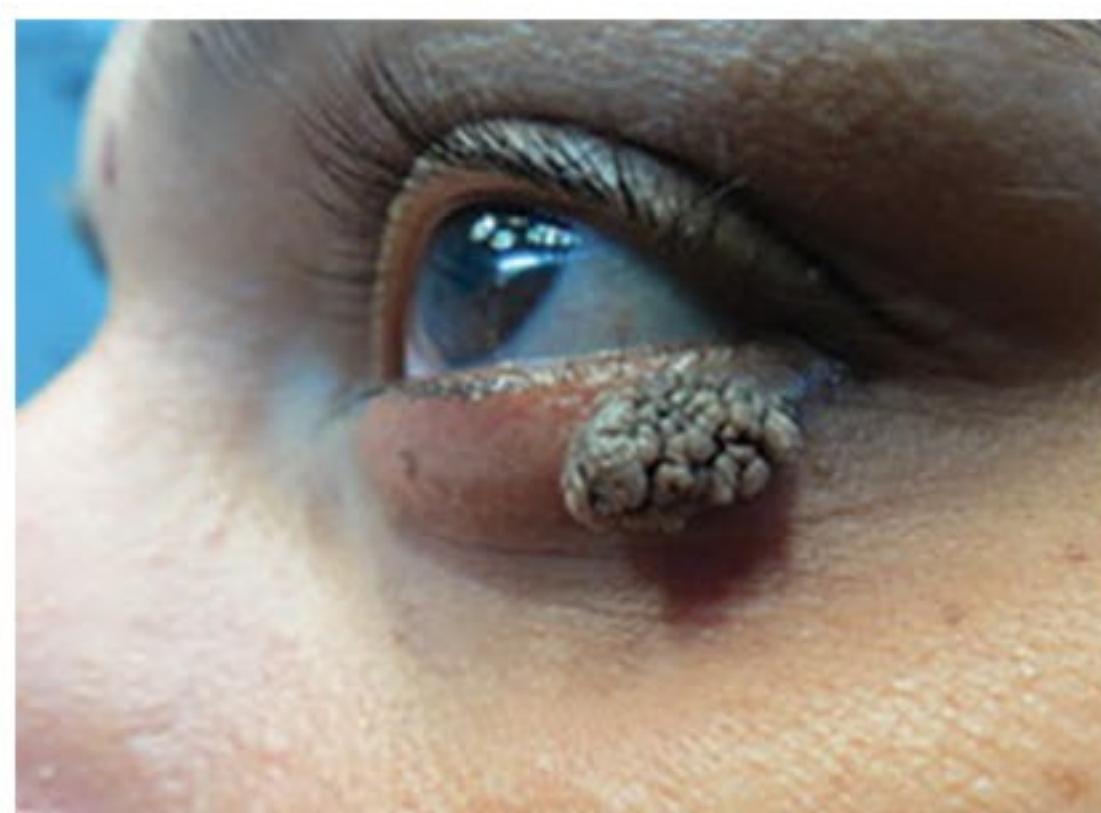
Times where traditional specialist, cut and stitch methods are necessary:

- Lesions that look suspicious under skin microscope
- Rapidly growing, changing, bleeding lesions
- Lesions in individuals with a strong personal or family history of melanoma
- Flat, irregular moles

Flat moles are not amenable to cosmetic mole removal procedures at our clinics.

Those that are usually amenable to cosmetic mole/lump/bump removal include:

- Moles present your entire life that are raised and fleshy
- Those that have not changed in decades
- Those with no suspicious features under microscope
- Skin tags
- Small, cherry angiomas
- Others depending on assessment by one of our doctors



All lesions are reviewed by our Doctors prior to removal under skin microscope. Any suspicious lesions are referred to a Dermatologist for formal assessment and management.

We recommend specialist review of all moles you are wanting to get removed prior to a cosmetic removal procedure. that any mole that returns we will remove it again for free.

2) What is Cosmetic Mole removal

Remove moles without a hint of scarring! The tried and tested methods to get the most aesthetic scarless result possible.

Cosmetic mole/lump/bump removal uses Radiofrequency energy as its gold standard treatment.

After a local anaesthetic injection. Radiofrequency energy is applied to the lesion. The resistance to flow of this energy causes the energy beam to concentrate to 100-1000x more precise than a scalpel. The lesion is shaved to the level of the upper dermis (the second layer of the skin), this then heals like a graze in 2-4 weeks.

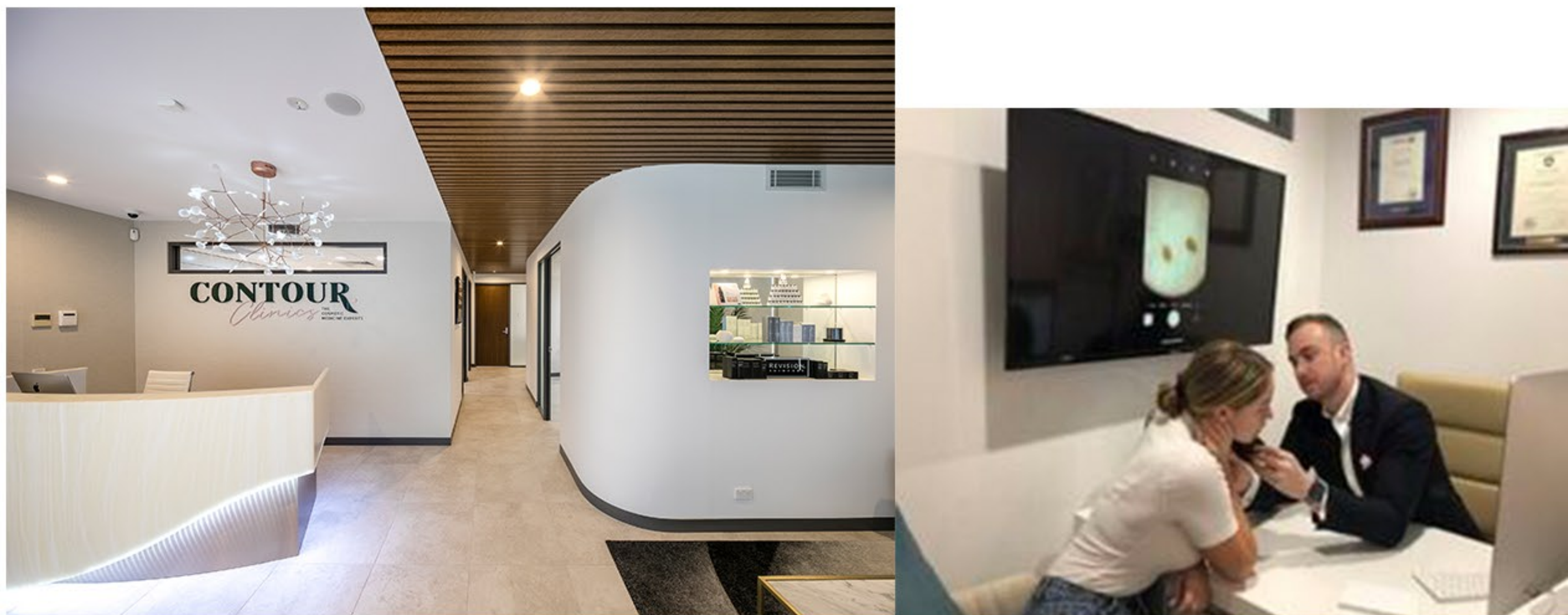
Scarring is minimal to nil on the face. The risk of scarring increases depending on the area treated. Those further towards the hands and feet have higher risks, as do those on the chest or back.

The procedure itself takes 5 minutes, with minimal to no pain.

Moles/lumps and bumps are removed permanently! The risk of moles regrowing is roughly 2%. Our guarantee is that any mole that returns we will remove it again for free.

Fractional laser is an essential addition to all cosmetic lesion removal procedures. This laser removes residual redness, smooths texture irregularities, decreases the risk of scarring.

Contour Clinics are the ONLY clinic in the country to provide this gold standard laser for FREE included in your mole removal treatment. This is an extra \$250 in value!



Questions you must ask your doctor prior to mole removal:

- Can this lesion safely be removed without the need for stitches and cutting?
- Will my lesion be sent to the pathologist to rule out skin cancer?
- What technique will be used to remove my lesion?
- What is the risk of scarring of this procedure?
- What are your qualifications?

3) Safety of cosmetic mole removal

Radiofrequency surgery is the most precise form of electrosurgery/surgery currently available. The beam created by this technology is only a few microns thick! This is thousands of times more precise than a scalpel. This means, precision, safety and quality.

Precision translates to less damage to surrounding skin. This means the radiofrequency device cuts, only where it's supposed to cut. Also, the tip does not get hot! This means no accidental burns to areas outside of the treatment area.

All moles are reviewed by our doctors prior to removal under dermatoscope. Any lesions even slightly suspicious are sent to a dermatologist for review prior to any treatment.

The radiofrequency device cutting tip also stays sterile throughout the cutting process owing to the intense radiofrequency energy. This means infection is incredibly rare, unlike traditional methods of removal which carry a higher risk.

Who can't have radiofrequency mole removal:

- We recommend those who are pregnant rebook for a time post-partum. We are happy for you to bring bub along!
- Those with pacemakers or implantable devices.



4) Scarring. Can it happen? How to decrease the risk of scarring following your procedure

Scarring does not need to be a thing when it comes to mole/lump/bump removal!

Traditional methods of mole/lump/bump removal with scalpel and stitches will leave a visible scar/line 99% of the time.

Radiofrequency lesion removal uses a beam of energy at least 1000 times thinner than a scalpel blade. This allows an unparalleled precision when removing an unwanted mole/lump or bump. The lesion is shaved back to the level of the dermis (second layer of the skin), and then allowed to heal like a graze. If shaved to the correct level of the dermis, the area should heal without any signs of a scar in 95% of cases.

Scarring can always occur depending on a range of factors.

These include:

- Lesions located further from the heart (e.g. hands and feet), will almost always leave a scar. This is because the micro circulation to these areas are poor relative to those on the face or chest.
- Back or chest – have an increased risk of scarring due to tension on surrounding skin during day to day movements.
- Infection – care should be taken to avoid infection post procedure. Infection will increase the risk of scarring. Using antibiotic ointment regularly as directed post procedure and following aftercare instructions will significantly decrease your risk of scarring
- Avoiding sun in the months following treatment. The skin formed post treatment is thin, fragile and prone to burning or pigmentation when exposed to the sun. It is important to use zinc-based sun protection in the weeks to months following treatment.

- Darker skin types. The darker your skin the more risk of scarring being noticeable.
- Scarring risk. If you are prone to unusual scarring (e.g. you have scarred abnormally previously)

5) Debunking self-treatment at home methods of mole removal

Self-treatment methods are NOT RECOMMENDED.

Why? **1) They simply don't work!** And **2) They almost always scar!**

These include:

- Baking soda and castor oil
- Tea tree oil
- Hydrogen peroxide
- Aloe Vera
- Apple cider vinegar
- Freezing

These methods will usually always leave behind mole/lump remnants, as well as cause an unsightly scar.

We see many patients here at contour clinics who have attempted home remedy methods that have caused horrible scarring, and in some cases, these can no longer be treated by our scar less technique.