

Aurielle Aesthetics – Mole Removal Patient Information

At Aurielle Aesthetics, your safety is our top priority. We offer professional mole removal services in a clinical setting, ensuring your skin concerns are managed with care, precision, and medical expertise.

Important Safety Requirements:

Before we can proceed with mole removal, it is essential to confirm that the mole is safe to be removed. You must provide one of the following:

1. A letter from your GP, dated within the last four weeks, confirming that the mole is benign and safe to be removed for cosmetic reasons.

OR

2. Use our Map My Mole service, which involves a non-invasive scan using our Dermatoscope. This image is reviewed by a qualified dermatologist to ensure the mole is safe to remove.

Without this confirmation, we are unable to carry out the procedure.

Please note: It can take anywhere from 1-3 sessions to fully remove a mole. This will be discussed in detail during your consultation.

Detailed Aftercare Instructions:

1. Keep the area clean and dry:

- Gently wash the area with mild soap and water. Pat dry with a clean towel.
- Avoid harsh chemicals such as alcohol or hydrogen peroxide.
- Keep the area dry for the first 24–48 hours.
- Change the dressing regularly, especially if it becomes wet or dirty.

2. Protect the area from the sun:

- Apply a high SPF (40+) sunscreen daily, even on cloudy days.
- Cover the area with clothing or a hat.
- Avoid direct sun exposure until fully healed.

3. Keep the area moist:

- Apply petroleum jelly or an ointment as directed to keep the wound moist.
- Avoid using alcohol or strong topical treatments on the wound.

4. Avoid picking at the scab:

- Let the scab form and fall off naturally.
- Picking can cause infection and scarring.

5. Minimise strenuous activities:

- Avoid heavy lifting or intense workouts that could strain the healing area.
- Restrictions may vary depending on the mole's location.

6. Follow-up appointments:

- Attend all scheduled follow-up visits.
- Contact us if you notice signs of infection like increased redness, swelling, pus, or pain.

7. Other considerations:

- Scar care: Once healed, consider using scar-reducing creams or silicone gels if recommended.
- Pain relief: Use over-the-counter medications like paracetamol for mild discomfort.
- Moisturising: Keep the area hydrated to aid recovery.

Important Notes:

- Healing times vary depending on the size, location, and method used.
- Always follow your practitioner's personalised instructions.