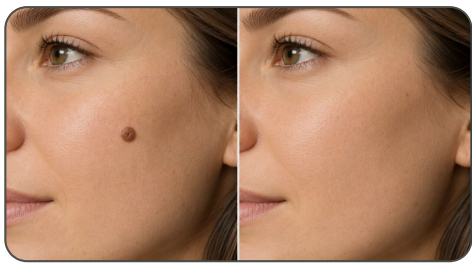
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GUIDES · PRECISION MOLE REMOVAL

# Mole & Skin Lesion Removal

Moles and small skin lesions are removed under local anaesthetic, either by a fine excision closed with stitches or by shave removal. The aim is the smallest, flattest scar possible, and the removed tissue is checked in the laboratory.



## 1 At a glance

| PROCEDURE TIME | ANAESTHESIA | GOING HOME | GARMENT / DRESSING |
|---|---|---|---|
| About 20–30 minutes | Local anaesthetic | Home straight away | Small dressing for 48 hours |

| STITCHES | BACK TO WORK | EXERCISE |
|---|---|---|
| Face 5–7 days; body 10–14 days (or none after shave removal) | Same or next day | Avoid stretching the area for 2 weeks |

## 2 Before your surgery

### Specific to this procedure

- Take a photo of the mole beforehand if you would like a record.
- Tell us if the mole has changed recently — size, colour, bleeding or itching.

### Preparing for surgery

**IN THE WEEK BEFORE**

- Stop aspirin, ibuprofen and blood-thinning supplements (fish oil, vitamin E, ginkgo, garlic, turmeric) 7 days before, unless a doctor prescribed them for your heart — then ask us first. Paracetamol is fine.
- Avoid alcohol for 48 hours before, and cut down on smoking as much as you can.
- Tell us about your medicines, allergies, and any history of cold sores, keloid scars or easy bruising.
- Let us know if you develop a fever or a skin infection in the treatment area.

**ON THE DAY**

- Eat a light meal beforehand — this procedure is done under local anaesthetic, so you do not need to fast unless we tell you otherwise.
- Arrive with clean skin: no make-up, creams or self-tan on the area.
- Wear comfortable clothes that are easy to take on and off over the treated area.

## 3 After your surgery

### Your medicines

- Augmentin (antibiotic): 1 tablet twice a day, with food, for 7 days. Finish the full course even if you feel well. Tell us before

surgery if you are allergic to penicillin.

- Reparil (for swelling and bruising): 2 tablets three times a day for 7–14 days, as we tell you.
- Brufen (painkiller): take it only when you need it, with food. If you cannot take anti-inflammatory painkillers — for example because of stomach ulcers, kidney problems or asthma — tell us and we will give you an alternative.
- Fusidic acid cream (antibiotic cream): apply a thin layer on the wounds twice a day, after showering, until they have healed.

### Wound care

- Keep the dressing on and dry for 48 hours.
- Then wash gently with water, pat dry and apply a thin layer of fusidic acid cream twice a day until healed.
- If the wound oozes a little blood, press firmly on it with a clean cloth for 10 minutes.
- After shave removal, a scab forms — let it fall off on its own; do not pick it.

### Scar care

- Avoid exercise, stretching or heavy lifting that pulls on the wound for 2 weeks (longer for the back and shoulders).
- Protect the scar from sun for at least 3 months with SPF 50 or clothing — sun is the main cause of dark scars.
- Silicone scar gel from 2 weeks after the stitches are out can help it flatten and fade.
- Tell us if you are prone to raised (keloid) scars — we can start preventive treatment early.

### Laboratory result

- The removed tissue is sent for examination as routine. We will contact you with the result, usually within 1–2 weeks, and explain it.

## 4 Your recovery, week by week

**Day 0–2**
Dressing on; mild soreness.

**Day 5–14**
Stitches removed (depending on location).

**Weeks 1–2**
Laboratory result discussed.

**Months 3–12**
Scar flattens and fades.

## Call us straight away if you notice

⚠ A temperature of 38 °C or higher, shivering, or feeling generally unwell.

⚠ Bleeding that soaks through the dressing, or does not stop after 10 minutes of firm pressure.

⚠ Swelling that is sudden, tense and painful, or clearly larger on one side than the other.

⚠ Redness that is spreading, increasing heat, pus, or a bad smell from a wound.

⚠ Pain that is getting worse rather than better, or not controlled by the medicine we gave you.

⚠ Pain, swelling or redness in a calf, or new breathlessness or chest pain — call 998 first.

⊕ **Chest pain, difficulty breathing, or heavy bleeding that will not stop: call 998 (ambulance) or go to the nearest emergency department, then let us know.**

**Questions while you recover** — Message or call the clinic any time — no question is too small, and it is always better to ask early. **+971 50 108 8378** (WhatsApp) · info@eyas.doctor

This guide gives general advice. Dr. Eyas may give you instructions made just for you — at your consultation or when you go home after surgery. If his instructions are different from this guide, follow his instructions. If you are not sure, message us. Last reviewed: November 2026.