



Patient Information Leaflet

Excision of a Benign Skin Lesion

Professional. Artistic. Personalised.

Introduction

This leaflet is designed to help you understand your options if you are considering removal of a benign (non-cancerous) skin lesion. Please read it carefully before deciding whether to go ahead with surgery.

What is a Benign Skin Lesion?

A benign lesion is a skin mark, lump, mole, cyst, or similar growth that is not cancer. These lesions are generally harmless and do not need to be removed for medical reasons. Removal is usually only considered if the lesion causes discomfort, irritation, or cosmetic concern.

Do I Need This Lesion Removed?

Medical necessity: There is no medical requirement to remove a benign lesion. Alternative option: You may choose to leave the lesion alone. Cosmetic choice: If you are unhappy with the appearance, excision is an option, but it must be balanced against the certainty of a scar.

What Does Excision Involve?

The procedure is carried out under local anaesthetic (you will be awake but the area will be numb). The lesion is carefully cut out and the wound closed with stitches, require a local flap, skin graft or left to heal on its own partially or totally. The specimen may be sent for histological examination (laboratory testing) if appropriate.

Possible Risks and Complications

All surgical procedures carry risks. These include:

- **Scarring** – all excisions leave a scar, which may be larger or more visible than expected.
- **Poor cosmetic outcome** – the scar may not look better than the original lesion.
- **Infection** – redness, swelling, or pus may require antibiotics.
- **Bleeding or bruising** – usually minor but occasionally more significant.
- **Delayed healing** – particularly if the wound is under tension or in an area of movement.
- **Allergic reaction** – rare, but possible with anaesthetic or dressings.
- **Recurrence** – the lesion can sometimes regrow.
- **Unfavourable scarring** – thickened (hypertrophic) or stretched scars, and in some cases keloid scars.

Cosmetic Considerations

Removing the lesion guarantees a scar. The final appearance depends on many factors including your skin type, healing, and the size/location of the lesion. Sometimes the scar may be more noticeable than the lesion itself. It is important to carefully weigh whether excision will provide the cosmetic improvement you hope for.

Aftercare

You may need to keep the wound dry for a few days. Stitches may need to be removed at a follow-up appointment. Scars often take 12–18 months to fully mature and fade.

Your Choices

Do nothing – safe option if the lesion is benign. Surgical excision – considered for functional or cosmetic reasons, but carries risks.

Important Legal Note

This procedure is elective (your choice). You must understand that: The lesion does not need to be removed medically. Surgery carries risks, including permanent scarring. Cosmetic outcomes cannot be guaranteed. By signing the consent form, you confirm that you have read and understood this information and have had the opportunity to ask questions.

Contact Information

If you have any concerns before or after the procedure, please contact: [Insert your clinic contact details].