PRINTZLAU

PRIVATHOSPITAL

Information om hudforandringer

Spots

Changes in a mole may be a manifestation of cell dysplasia and thus an early state of mole cancer. If your GP, a dermatologist or a plastic surgeon deems that there may be a cancerous development, the mole must be surgically removed. In such an operation, an area of about 5mm around the spot is removed. If however, the doctor finds no signs or symptoms of cell dysplasia, the spot can be removed with a narrow margin, so the scar will be smaller.

Lumps

The most common lump under the skin is a fat lump (lipoma). Fat lumps should only be removed if they are large (>5cm), are growing rapidly, are sore or very cosmetically disfiguring. Lumps on the skin and certain places on the face should be operated on by a ear-, nose neck surgeon, as in this case the lumps may be placed in gland tissue. Lumps in this area may often lay considerably deeper than you may think.

Scars

Correction of scars can be done with a laser treatment, grinding or surgery. Laser treatment and grinding can flatten an old thick scar, but in these cases an operation is often preferable. In scar revisions the scar is removed in order to restart the healing process. This means that a new scar will grow. Thus, a scar revision should only be done if the existing scar is considerably disfiguring and it is likely that the new scar will be an improvement.

A special type of abnormal scarring, called 'keloid scarring', is an inherent disease. In keloids the scarring tissue extend itself over the original scar. Patients with this condition should abstain completely from cosmetic surgery.

Tattoos

If you regret having a tattoo you can in some cases have it removed with laser treatment or surgery.

Laser treatment is most suited for removing dark monochromatic tattoos, however, they do often leave a shadow, where the original tattoo was. Laser treatment is not offered at Printzlau Private Hospital.

Tattoos can be removed surgically if they are relatively small and placed in certain convenient areas where the surrounding skin is flexible. In some cases, it may be necessary to have several operations in order to remove the entire area. Surgical removal leaves a scar.

How?

The operations primary goal may be to diagnose or treat a sickness or to improve esthetics.

Diagnosis

When the primary goal is to diagnose it is not always possible to obtain optimal cosmetic appearance. If there is a suspicion of mole cancer the sole concern is to remove the cancer completely and ensure that the best possible examination under microscope is conducted. The cosmetic outcome can be improved in at a later stage.

Treating sickness

If the primary goal is to treat a sickness, it must be ensured that all of the development is removed. There may of course be taken certain precautions in respect of scars to obtain the optimal cosmetic result.

Cosmetic corrections

With cosmetic corrections, the most important goal is that the new scar is minimized and placed in an optimal manner.

Course

Pre-examination

At the pre-examination the skin development is evaluated in order to decide whether a diagnose must be made, whether the change requires a certain type of treatment or if a cosmetic correction is sufficient. If the problem calls for a cosmetic correction, an evaluation of the expected result compared to the sideeffects and risks is made.

In some cases, further examinations must be made before proceeding with a treatment or operation.

Before the pre-examination you will be given a document concerning your general health, allergies, medicinal use and personal data as well as an additional document concerning informed consent to the operation and the hospital's communication with a third party.

You will be given written information about the operation before the pre-examination. At the pre-examination, it will be optional to have photos taken in order to document the completed treatment.

All of this data is protected by the personal data laws and our patient confidentiality.

If it is a case of a cosmetic surgical procedure, at least 48 hours must pass before you may book an operation with local anesthesia, and at least a week if booking an operation with full anesthesia. This is required by law.

You have the right to bring a companion to the pre-examination if you wish to.

The operation

Outpatient procedure

This operation is done under local anesthesia and ambulant which means that you will return to your home after a short postoperative observation. You are to show up shortly before the operation. The scrub nurse will greet you and inform you of the planned procedure. The plastic surgeon will make the preoperative drawing and ensure your informed consent.

Typically, you must expect an entire length of stay at the clinic of about 2 hours.

Operation under full anesthesia

This operation is typically done as so called "same-day surgery" (short hospitalization). If you are to have full anesthesia you must fast for 6 hours before the operation. You are allowed to drink water and other "thin fluid drinks" up until 2 hours before the operation.

The scrub nurse will greet you and get you set. Your plastic surgeon will make the preoperative drawings and ensure Your informed consent.

After the operation you are transferred to the awakening ward where you will be observed until you are fully awake and ready to leave. Most patients are able to return directly from the awakening ward, but a few patients are transferred to the hospitalization ward for further observation.

Typically, you should expect the length of stay at the hospital to be around 6 hours.

After the operation

The scars are covered with a band-aid. This band-aid must stay on until thread removal. After 7-12 days, you are to return to the hospital where the threads are removed. The checkup of the results will take place about 3 months after the operation by your plastic surgeon.

Subsequent effects

Scars

The scars will be red and lightly swollen for the first few months after an operation. After this period, they will be subside and become pale. The final visible result of the scars can be evaluated after 1 year.

Reduced sensitivity of the skin

Damage may be done to the small sensory nerves in the skin close to the scar. Sensitivity typically returns after up to 3 months.

Risks of complications

Bleeding

Serious swelling and discoloring may be caused by bleeding. This can often be treated with cooling and light compression. Only very rarely is it necessary to operate to stop a bleeding. However, to be on the safe side we request patients with serious swelling to immediately consult the hospital for evaluation.

Infection

Infection shows itself as reddening, warmth and swelling. Typically, a treatment with antibiotics is required. If untreated, an infection may ruin the result of the operation because of unwanted forming of scar tissue. It is important that you immediately consult the hospital if you have signs of an infection.

Durability

Treatment of skin changes is durable as long as the development has been removed entirely. Changes may however slowly return if even a tiny bit of the development has not been removed. At Printzlau Private Hospital we always send the developed changes for close examination under microscope, primarily to ensure the correct diagnose, but also to avoid relapses.