

BENIGN LESIONS

PATIENT INFORMATION & INSTRUCTIONS

OVERVIEW

The skin grows many different type of growths. When you receive a skin check you will probably hear quite a few diagnoses from the provider. This guide will help you know the spot found is safe, its name, and a brief description. For those who want a little more information, scan the QR code to see more information on this type of benign growth, treatment options, and more.

CHERRY ANGIOMAS

These tiny, bright red dots, often popping up on the chest, back, and face, are clusters of widened blood vessels. Not harmful, they might just add a sprinkle of rosy charm to your skin.



KELOID SCARS

Unlike most scars that fade, keloids overgrow, forming raised, irregular bumps. While not harmful, they can feel itchy or uncomfortable. Consulting a dermatologist can offer treatment options.



KERATOSIS PILARIS

Tiny, rough bumps, like miniature goosebumps, commonly appear on the upper arms and thighs. This harmless condition, caused by hair follicles plugging with keratin, can be managed with gentle exfoliation and moisturizers.



LENTIGO

These flat, sun-kissed spots tend to appear on areas exposed to sunlight, like the face and hands. They're harmless but can darken with sun exposure, so sun protection is key!



MILIA

Tiny, white bumps on the face, often mistaken for blackheads, are actually keratin cysts that can be easily addressed by a dermatologist.



MOLLUSCUM CONTAGIOSUM

Small, pearly bumps, often in clusters, are the telltale sign of this viral skin infection. While contagious, it usually resolves on its own, but consulting a dermatologist for advice is recommended.



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☐ NEVI (MOLES)

These common brown or black marks are collections of melanocytes, the pigment-producing cells of your skin. Most moles are harmless, but keeping an eye on their size, shape, and color changes is important



☐ SEBACEOUS HYPERPLASIAS

These small, yellowish bumps on the face, chest, or back are enlarged sebaceous glands and can be effectively treated.



☐ SEBORRHEIC KERATOSES

These waxy, wart-like growths, usually light brown or yellowish, are a common sign of aging. Harmless, they can be left alone or removed for cosmetic reasons.



☐ SKIN TAGS

small, soft, pedunculated (stalked) growths that typically favor areas like your neck, armpits, groin, and eyelids. They lack melanin, hence their pale flesh-toned or slightly darker hue. often flourish with age.



☐ WARTS

These rough, bumpy growths are caused by the human papillomavirus (HPV). While usually harmless, they can be unsightly or uncomfortable. Various treatment options are available, so consulting a dermatologist for advice is always best.



OTHER RESOURCES

We work hard to publish only best patient education and comprehensive resources. We want to be your trusted source of all skin information. You will find additional educational information by scanning the following QR codes.

*Our Patient
Education Blog*



*Our Monthly
Newsletter*



*Our Educational
Youtube Videos*



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