

# DERM CLEAN UP

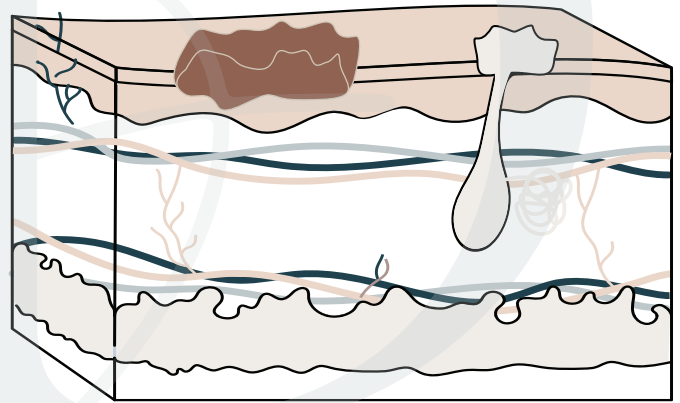
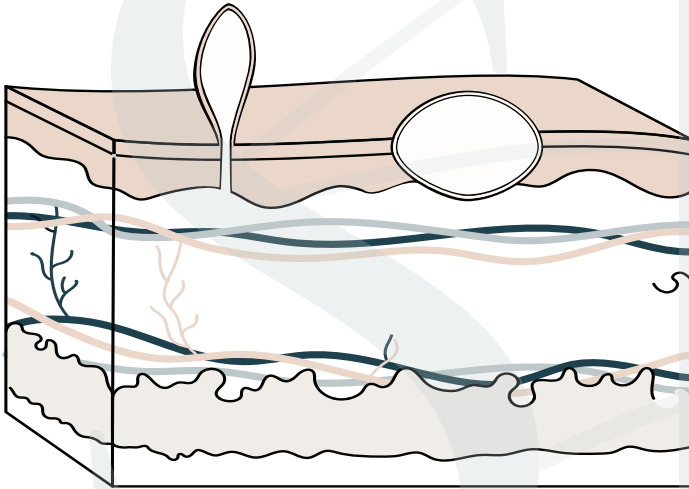
BENIGN LESION REMOVAL

## BENIGN DOESNT MEAN UNIMPORTANT

We “clean up” what insurance doesnt cover. Our signature Derm Clean Up is a comprehensive appointment designed to banish unwanted skin lesions, leaving you with a clearer, smoother complexion. During this appointment, your provider will have all our in office procedure options at their disposal to help rid you of unwanted lesions. Treatment options include: 30 gauge needle with comedone extractor, electrodesiccation, curettage, excisional scissors, fine needle electrodesiccation, and liquid nitrogen.

## TARGETS

- Seborrheic Keratoses - “Wisdom Spots”
- Sebaceous Hyperplasias - “Oil Glands”
- Acrochordons - “Skin Tags”
- Mila - “Milk Spots”
- Dermatosis Papulosa Nigra - “DPN”



## DERM CLEAN UP PRICING

<i>Priced by</i>	<i>Signature Price</i>	<i>Elite Price</i>
Treatment	\$150	\$300

*If you require a prescriptions pain management please contact the clinic 48 hours prior to treatment.  
All prices subject to change without notice & may vary depending on individual needs*

PHONE  
Call or text us  
at 385.273.3376

SMART *Skin*  
DERMATOLOGY

LOCATION  
3200 W Clubhouse Dr. #100  
Lehi, UT 84043

# DERM CLEAN UP

## BENIGN LESION REMOVAL

### BEFORE TREATMENT

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- Get a valid medical diagnosis. Our clean up visit requires a referral from a dermatologist. This way you can have peace of mind knowing we are only removing benign lesions. We value the power of regular skin exams.
- Take an inventory of the spots you want treated, especially if the lesions are dispersed across multiple body locations. We don't want to overlook the spots you want treated and sometimes patients forget "that one spot".

### AFTER TREATMENT

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- Overall Goal: The overall goal of caring for these spots will be to avoid any crusting or scabbing. Crusting and scabbing can lead to delayed and suboptimal healing.
- Moisturize with ointment. A layer of ointment should be on treated areas at all times until they have healed.
- Examples include Vaseline, Aquaphor, and Vaniply ointment. Do not allow areas to dry out.
- Cover Areas if Possible. Band-Aids can also help keep the area moist and clean. A layer of ointment should be covered with a Band-Aid when possible. If there are too many spots or the size makes covering difficult, then ointment should be applied at more frequent intervals.
- A gentle cleanser. May be used to wash area while bathing but avoid any rubbing or scrubbing. Pat dry.
- Makeup. It is recommended to wait until spots have healed over post treatment before applying base or foundation makeup directly over the spots. Makeup can be applied around spots while healing.
- Transition to regular facial moisturizer once treated spots have healed over and are no longer able to crust or scab.
- Immediately following treatment you will likely see redness and swelling. This will typically be the worst for the first 3-5 hours and will begin to fade. Swelling varies but can last a few days.
- Any discomfort you may have can be relieved with acetaminophen (Tylenol).
- If any crusting or scabbing does occur, begin vinegar water soaks. Instructions below.

### VINEGAR WATER SOAKS

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- Mix 1 tablespoon white vinegar with 1 quart water. Can store in fridge between uses.
- Soak a cotton cloth or gauze in the solution.
- wring out cloth and apply to area for roughly 15 minutes.
- Never double dip cloth into mixed solution.
- repeat 2-4 times per day.

### POSSIBLE SIDE EFFECTS

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- **Common:** Redness, bleeding, pain around site, scabbing
- **Rare:** Scarring, infection

**Suggested Products:** EltaMD Gentle Foaming Cleanser, Vaniply Ointment or Aquaphor or Vaseline

*More Info:*



*Resources:*

