

COSMETIC CAUTERY TREATMENT INSTRUCTIONS

Electrocautery treatment (“burning off” individual lesions with electricity) is typically used for removing sebaceous hyperplasia (overgrown oil glands on the face), angiomas (small, bright red growths of the blood vessels), dermatosis papulosa nigra (small, brown raised bumps in dark-skin individuals), and syringomas (small, harmless sweat duct tumors on the lower eyelid). This is considered cosmetic and is not covered by insurance. You will need an evaluation during your office visit or a consultation prior to undergoing this treatment.

- To schedule your treatment, it is important to tell the receptionist that you need to set up a **“cosmetic cautery treatment with 40 minutes of topical numbing prior.”** Please note that if you call to just “have some lesions removed,” you will be scheduled for a regular office visit, and not for this treatment.
- When you arrive for your appointment, we will apply a topical numbing cream to the area which helps to minimize the pain of the procedure. There will still be pain involved, but it is much more bearable with the numbing treatment. We recommend bringing a book or computer to pass the time while you wait for the topical numbing medicine to work.
- Dr. Brown will “burn off” each small lesion individually, which takes approximately 10 minutes. Afterwards, you will have small, light grey scabs. Keep these areas out of the sun while healing. You are easily able to drive yourself home after the appointment.
- You can gently wash your face with a mild cleanser and your fingertips. **DO NOT** scrub the area with a washcloth or anything else until the area is healed. It is best to keep the lesions moist twice a day while healing, with Aquaphor ointment, CeraVe Healing ointment, antibiotic ointment, or Biafine (a prescription which improves healing).
- Apply gentle sunscreen to the area daily to prevent sun exposure. You can also apply makeup immediately over the lesions, but the makeup will likely stick to the small scabs. This is completely fine. Wash gently with gentle cleanser to clean the face, and if any makeup remains on the scabs, it is best to leave it.
- The scabs will fall off on their own when they are ready, typically within 1-2 weeks (1 week for the face and 2 weeks for other areas). Picking at the scabs may lead to scarring, so be gentle while they are healing. You can apply ointment and bandages to protect areas that are prone to rubbing (such as the neck or under the arm).
- After the scabs are gone, you will have small pink discolorations for several weeks or more. Apply Bio-Oil twice daily (available in our office and at drugstores) to speed the healing of this phase. Keep the areas out of the sun and wear good sunscreen to prevent brown discolorations. Individuals with darker skin tone must be especially cautious about sun exposure to prevent these discolorations. If you have any issues with healing, please arrange a follow-up appointment for further treatment.