



Minor Surgery for Skin Lesions

MIRABEL

Mirabel Clinic
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WELCOME TO MIRABEL CLINIC

Minor surgery for skin lesions

Welcome to Mirabel Clinic, where we specialise in minor skin surgery procedures to address a range of skin lesions.

Led by the experienced Dr. Abi Smail, MBBS, BMedSci, MECGP, DRCOG,DFSRH, our clinic offers expert care and a variety of treatment methods tailored to your specific needs.

At Mirabel Clinic we cover a wide array of skin conditions, including Cherry Angiomas, Dermatofibroma, Epidermoid Cysts, Lipomas, Moles, Pyogenic Granulomas, Sebaceous Hyperplasia, Seborrhoeic Keratosis, Skin Tags, and Solar Lentigos.

Dr. Smail and our team of experts are dedicated to providing safe and effective solutions to enhance your skin's health and appearance.



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treatments you can trust*

CHERRY ANGIOMA

An Angioma or Cherry Angioma describes a benign vascular lesion, which happens due to proliferating endothelial cells (cells that line the inside of a blood vessel). Cherry Angiomas are true capillary Angioma and these have many synonyms, including Campbell De Morgan spots.

Who can get a Cherry Angioma?

Angiomas, including Cherry Angiomas can happen very early in life (these are known as Infantile Angiomas) or later on in life. Cherry Angiomas are the most common form.

What are the causes?

The causes of Cherry Angiomas are relatively unknown, but in most cases they are thought to arise due to genetic predisposition.



DERMATOFIBROMA

Dermatofibroma is a benign fibrous nodule, found usually, but not exclusively, on the skin of the lower legs. It is a common condition and can also be known as Cutaneous Fibrous Histiocytoma.

Who can get a Dermatofibroma?

Dermatofibroma is most usually seen in adults. It can appear in people from every race and ethnicity and are more common in women than in men.

What are the causes?

- ~ Minor trauma such as injections, insect bites or a rose thorn injury
- ~ Immunosuppression
- ~ Autoimmune conditions.



EPIDERMOID CYST

An Epidermoid Cyst (also known as a sebaceous cyst) is a harmless, encapsulated, sub-epidermal nodule which is filled with benign keratin material. These cysts are commonly located on the face, neck, scalp and mid thorax area of the body, but can be found anywhere, such as the fingers, genitalia, scrotum and also the buccal mucosa.

Who can get an Epidermoid Cyst?

Epidermoid Cysts most commonly occur in adults. In most cases, when young, to middle-aged. They occur twice as frequently in men than in women.

What are the causes?

An Epidermoid Cyst tends to be caused when the skin cells move under the skin's surface, or are covered by it, instead of shedding away. The epidermal cells continue to multiply as in normal skin function, but form a wall which surrounds themselves (the cyst itself), and secretes keratin, a normal skin fluid.



LIPOMA

A Lipoma is a benign tumour which is comprised of fat cells. It slowly increases in size, under the skin, if not treated. A person can have one or several. Many people only notice their Lipoma when it has grown large enough to become visible and palpable. This can take several years. Some features of a Lipoma include:

- ~ A dome or egg-shaped lump, around 2 to 10cm in diameter or larger.
- ~ Soft, smooth to touch and easily moved by the fingers beneath the skin.
- ~ It might feel 'doughy' or 'rubbery.'
- ~ Commonly seen on the neck, shoulders, arms and trunk, but can appear on the body where fatty tissue may be present.

Some Lipomas can feel painful when applying pressure to them. A painful or tender Lipoma is usually called an Angiolipoma. Painful Lipomas can also be a feature of Adiposis Dolorosa (Dercum Disease).

Who can get a Lipoma?

Lipomas are very common, people of all ages can get them, although they tend to develop in adulthood more commonly and are most noticeable during middle-age. Multiple Lipomas appear more frequently in men.

What are the causes?

The cause of Lipomas is unknown, although it is possible that genetics play a part, as many patients have a family history of these growths. Sometimes an injury, such as blunt force trauma to a part of the body can trigger a Lipoma tumour.



MOLES

Moles (or Melanocytic Naevus) are common, benign skin lesions which appear due to the local gathering of pigment cells (melanocytes) on the skin. They are sometimes referred to as Naevocytic Naevi or simply 'Naevi,' however, it's important to recognise that there are other types of Naevi.

Who can get a Mole?

1% of individuals are born with congenital Moles. This is usually random with rare instances of familial congenital Moles. Fairer skins tend to have more Moles than darker skinned people. If they appear in childhood (age 2-10) they may be prominent and persistent throughout the person's life; if acquired later in life, following sun exposure, they can fade.

What are the causes?

- ~ Somatic mutations in RAS genes
- ~ Genetic pre-disposition
- ~ The use of BRAF inhibitor drugs, such as Dabrafenib or Vemurafenib
- ~ Immunosuppressive treatments.



PYOGENIC GRANULOMA

Pyogenic Granuloma is a benign increase in the number of capillary blood vessels on the skin or within an oral cavity. It is a form of lobular capillary angioma and is not caused by infection. Also known as Granuloma Gravidarum, or Pregnancy Tumour, when it occurs during pregnancy.

Who can get a Pyogenic Granuloma?

Pyogenic Granuloma can occur in children around the age of 6, during teens, or young adulthood. The condition occurs more in male patients, apart from when oral lesions appear as a result of pregnancy or the use of oral contraceptives. It can occur in people from all races and ethnicities.

What are the causes?

- ~ Minor trauma or chronic minor irritations
- ~ Hormonal changes or influences
- ~ Medications such as oral retinoids or protease inhibitors and immunosuppression
- ~ Infection (e.g. Staphylococcus aureus)
- ~ Poor or compromised dental hygiene.



SEBACEOUS HYPERPLASIA

Sebaceous Hyperplasia is a condition where the sebaceous glands on areas such as the forehead or cheeks become enlarged. The result is the appearance of small, yellowish bumps up to 3mm in diameter. On close inspection, a central hair follicle, surrounded by yellow-coloured lobules can be seen and there are also prominent blood vessels which can be seen, using dermoscopy. The condition is harmless but can sometimes be confused with Basal Cell Carcinoma.

Who can get a Sebaceous Hyperplasia?

Sebaceous Hyperplasia happens most commonly in middle-aged or older people and can be more prevalent in those who are immunosuppressed. People with fair skin and excess sun exposure are more predisposed too.

What are the causes?

Clogged hair follicles due to too many or overactive sebaceous glands that produce excess oil and genetics.



SEBORRHOEIC KERATOSIS

Seborrhoeic Keratosis appears as benign warty spots, usually presenting during adult life and a common sign of skin ageing. Some people can have hundreds of them anywhere on the face or body. Seborrhoeic Keratosis can also be referred to as SK, basal cell papilloma, brown wart, senile wart, wisdom wart or barnacle.

Who can get a Seborrhoeic Keratosis?

Seborrhoeic Keratoses are very common in adults and it has been estimated that over 90% of people over the age of 60 have one or several of them. They can occur in men or women of all races and ethnicities. They usually start to be seen at the age of 30 or 40 and are uncommon in people under the age of 20.

What are the causes?

- ~ Sunburn or dermatitis
- ~ Skin friction
- ~ Viral causes
- ~ Solar Lentigo
- ~ Epidermal growth factor receptor inhibitors (used to treat cancer).



SKIN TAGS

Skin Tags are very common, harmless, soft lesions which appear to hang off the skin and Can be experienced by men and women as they grow older. They can be skin coloured, tanned or dark brown and usually range in size from 1mm to 5cm. Skin Tags are mostly found on areas of the body where there are folds, such as the armpits, neck and groin, but can also appear on other areas.

Who can get Skin Tags?

More numerous in people who are obese and with type 2 diabetes, they are loosely arranged collagen fibres and blood vessels surrounded by a thinned or thickened epidermis. Skin lesions are often mistaken for Skin Tags (Seborrhoeic Keratoses, Molluscum Contagiosum, Viral Warts.)

What are the causes?

It is not entirely known what causes Skin Tags, however, there is a correlation with: Skin that rubs or chaffs together ~ Insulin resistance ~ Wart virus ~ High levels of growth factors, especially during pregnancy or gigantism.



SOLAR LENTIGO

A Solar Lentigo (or Lentigines) is a patch of pigmented or darkened skin. Flat and well circumscribed, they can appear as round, oval or irregular shapes and their colour can vary from skin-coloured or tanned, to dark brown or black. Their sizes can vary from a few millimetres to several centimetres in diameter and their texture can be slightly rough or scaly.

Who can get Solar Lentigo?

Very common and harmless, they tend to appear in people over 40, sometimes referred to as 'age spots' or 'senile freckles.' Solar Lentigines are seen as groups of similar lesions on the skin (usually the face or the back of the hands). They occur in light and dark skin, but tend to be more numerous and noticeable on fair-skinned people.

What are the causes?

Solar Lentigos happen as a result of exposure to ultraviolet (UV) radiation. This causes local proliferation of melanocytes and an accumulation of melanin within the skin cells (keratinocytes).



MINOR SURGERY FOR SKIN LESIONS

at Mirabel Clinic

Our minor surgery clinics are led by Dr Abi Smail MBBS BMedSci MECGP DRCOG DFSRH. Dr Smail is a GP and has extensive experience in performing minor surgery for a variety of skin lesions.

Mirabel Clinic Treatment Methods

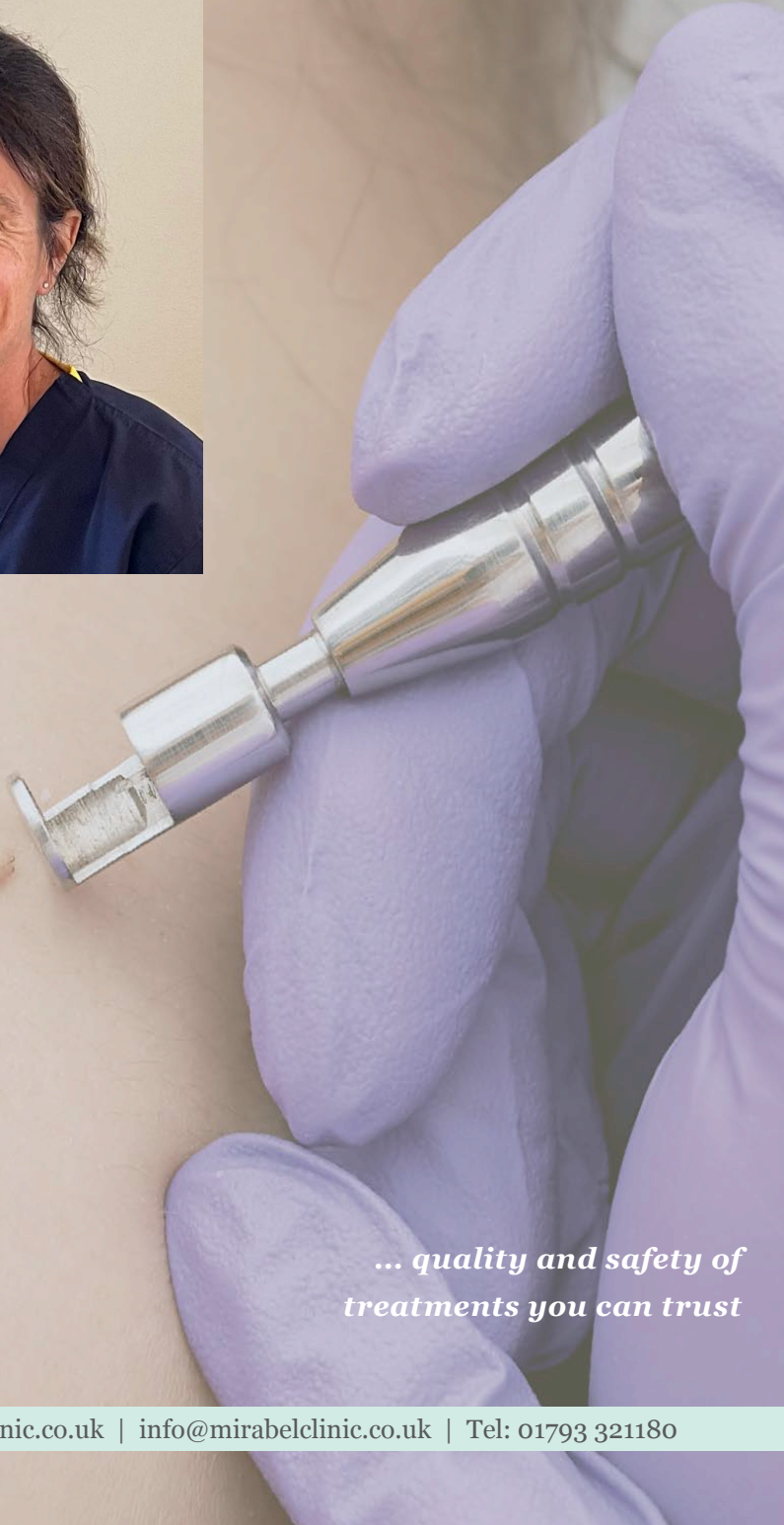
Following an initial examination and consultation, Dr Smail will decide whether to use one of two treatment methods:

~ Shave or Curettage and Cautery

This process is normally used to remove lesions from the skin's surface. Using local anaesthetic and adrenaline to numb the area, the lesion is then shaved or curetted off using a derma blade, curette or scalpel. The wound is then cauterised and a sterile dressing applied. This is the preferred method for removing skin tags, Seborrhoeic Keratosis, intradermal naevi and viral warts.

~ Elliptical Excision

An eye-shaped excision or straight incision is used to remove the skin lesion, cyst or lipoma. Local anaesthetic and adrenaline is administered to numb the area. The lesion or cyst is then removed and stitches are used to close the wound. Sterile dressing or tape is then applied to protect the skin during the healing process.



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At Mirabel Clinic you will find a wide range of non-surgical treatments which will help you to restore, enhance and maintain naturally youthful looks.

We specialise in cosmetic dermatology, skin rejuvenation techniques, anti-wrinkle injections, IPL and laser treatments.

We help with wrinkles, age spots, facial blemishes, ageing skin, acne and hair removal.

With our no obligation, complimentary consultations, you will see the clinic, meet your practitioner and ask any questions before deciding to have any treatment.



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