

PATIENT INFORMATION

LASER SURGERY FOR REMOVAL
OF BENIGN SKIN LESIONS



Cutis Clinic



ABOUT THE TREATMENT

Benign skin lesions are common and may occur anywhere on the body. They are generally harmless but may become cosmetically bothersome, irritated by clothing or shaving, itchy, or repeatedly traumatized.

Common benign skin lesions include:

- Seborrheic keratoses ("age spots" or "senile warts")
- Skin tags (fibroepithelial polyps)
- Sebaceous hyperplasia
- Syringomas
- Xanthelasma (selected cases)
- Selected benign moles and other benign skin lesions, where clinically appropriate

At Cutis Clinic, all skin lesions are assessed individually by a physician before treatment. Clinical examination and dermoscopy are performed to determine, based on medical judgement, whether the lesion appears benign and suitable for laser removal.

Laser treatment does not replace surgical excision or histopathological examination (biopsy) when there is clinical uncertainty or suspicion of skin cancer.

If the diagnosis cannot be established with sufficient confidence, or if malignancy cannot reasonably be excluded, laser treatment will not be performed.

Laser surgery is carried out using an ablative laser that precisely vaporises the lesion while preserving as much surrounding healthy tissue as possible. The treatment aims to achieve complete removal with minimal scarring.



PRE-TREATMENT CONSULTATION

After reading this patient information, you will attend a consultation where it is assessed whether laser treatment is appropriate for you.

During the consultation we will:

- Perform a clinical and dermoscopic examination of each lesion
- Assess whether the lesion appears benign and suitable for laser treatment
- Discuss your wishes and expectations
- Explain the expected benefits, limitations and potential risks
- Prepare an individual treatment plan

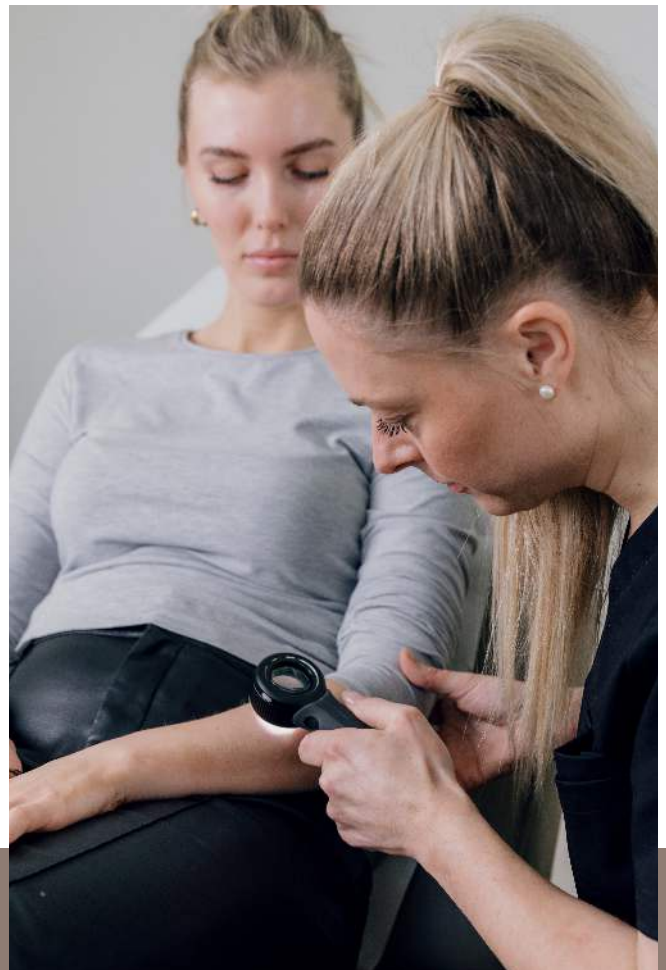
You will receive verbal information and have the opportunity to ask questions. You are welcome to bring a companion.

Treatment may be performed once informed consent has been obtained. There is no mandatory reflection period for this treatment.

Laser removal is **not** performed if:

- The lesion cannot confidently be assessed as benign
- Skin cancer is suspected
- There is active infection in the treatment area
- You are pregnant, where postponement is considered medically appropriate
- Other medical conditions make treatment unsuitable following individual assessment

Clinical photographs are obtained before treatment as part of your medical record and documentation of the treatment course in accordance with applicable regulations.



PREPARATION BEFORE TREATMENT

No special preparation is usually required.

Before treatment we recommend that you:

- Attend without make-up on the treatment area
- Avoid applying creams or cosmetics immediately before treatment
- Trim or shave hair around the treatment area if relevant

If you take anticoagulant medication or have a bleeding disorder, please inform your physician before treatment.

THE PROCEDURE

The skin is cleansed and disinfected before treatment. Depending on the size and location of the lesion, topical anaesthetic cream and/or local infiltration anaesthesia may be used.

Protective eyewear is worn whenever laser treatment is performed.

The laser precisely removes the lesion layer by layer while minimising thermal injury to the surrounding skin. Medical smoke evacuation is used throughout the procedure.

Treatment usually takes between a few minutes and approximately 30 minutes depending on the number, size and location of the lesions.

Following treatment, a protective ointment is applied before you leave the clinic.



AFTER THE TREATMENT

The treated area will resemble a superficial abrasion immediately after treatment.

Normal healing includes:

- Redness
- Mild swelling
- Slight oozing during the first 24 hours
- Formation of a protective crust
- Gradual healing over the following days to weeks

The crust should be allowed to detach spontaneously. Picking or scratching the treated area increases the risk of infection and scarring.

Aftercare recommendations:

- Clean the treated area gently with mild soap and water.
- Apply the ointment recommended by your clinician as instructed.
- Avoid friction or trauma to the treated area until fully healed.
- Avoid swimming pools, hot tubs and saunas until the skin surface has healed.
- Protect the area from direct sun exposure.
- Use SPF 30+ sunscreen consistently once the skin has healed.

Healing time depends on the size and location of the treated lesion.



SIDE EFFECTS

Laser removal of benign skin lesions is generally considered a safe procedure with a low risk of serious complications when performed after appropriate medical assessment.

The occurrence of side effects or complications does not in itself indicate malpractice.

Common side effects:

- Temporary discomfort during treatment
- Redness and swelling
- Crust formation
- Mild oozing
- Temporary colour changes in the treated area

These reactions are expected and usually resolve during normal healing.

Uncommon side effects:

- Delayed wound healing
- Bacterial infection
- Prolonged redness
- Post-inflammatory hyperpigmentation or hypopigmentation
- Recurrence of the treated lesion

Rare side effects:

- Permanent pigment alteration
- Hypertrophic scar or keloid formation
- Permanent scarring
- Incomplete removal requiring additional treatment

If increasing pain, redness, swelling, warmth, pus, fever or other concerning symptoms develop, please contact the clinic or seek medical attention.



EXPECTED RESULTS

The outcome varies from patient to patient and cannot be guaranteed. Results depend on individual biological factors, skin characteristics, healing capacity and the nature of the lesion being treated.

Many benign lesions can be removed in a single treatment, while others may require additional sessions.

Laser treatment removes the visible lesion but **does not prevent new benign skin lesions from developing elsewhere over time.**

Similarly, recurrence of previously treated lesions may occur in some patients and can usually be retreated following medical assessment.

Laser treatment is intended to improve the cosmetic appearance or relieve local symptoms. It does not replace surgical excision or histopathological examination where these are medically indicated.

Questions and contact

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REVISION OF PATIENT INFORMATION

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This document will be reviewed no later than January 1, 2028, or earlier if required due to significant changes in clinical practice, treatment protocols, or applicable regulatory requirements.

