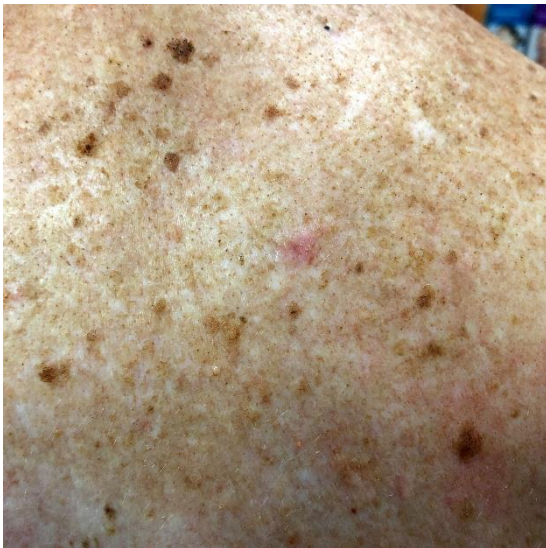


"Age Spot" Treatments

Seborrhoeic Keratosis



A common non – cancerous skin growth that often appears as a scaly brown, black or pink growth on the face, scalp, and back. They are often called age spots, though a genetic spot would be more accurate as a family history of them is more accurate in predicting who will get them.



Do I need to treat them?

No. While they are harmless and don't require treatment, they can be annoying for both cosmetic and functional reasons.

Treatment of your Seborrheic Keraatosis:

1. Exfoliation
2. Medical Treatments
 - a. Cryotherapy
 - b. Curettage and Shaving
 - c. Electrocautery
 - d. Radiofrequency ablation and laser therapy
3. Trichloroacetic acid 30%

Exfoliation

Exfoliation involves the removal of dead skin cells from the surface of the skin. While it won't completely remove seborrheic keratoses, it may help reduce the appearance and skin texture.

Exfoliation methods include:

Physical Exfoliation: Using pumice stones, brushes, or exfoliating gloves to gently remove the top layer of dead skin cells. This will take several weeks to reduce the thickness of the lesion.

Chemical Exfoliation: Using products containing alpha hydroxy acids (AHAs) or beta hydroxy acids (BHAs) to dissolve dead skin cells and promote cell turnover.

Pre- Exfoliation Softening: We recommend the use of urea cream for 2 weeks prior to physical exfoliation to improve clearance rates.

Age Spot Treatments continued

Medical Treatments

Cryotherapy: Freezing the growth with liquid nitrogen, causing it to fall off over time. For best results 5 days after cryotherapy exfoliation is recommended for at least a week. Often a second round of cryotherapy is needed.

Electrocautery: Using an electrical current to burn off the growth under local anaesthetic.

Curettage / Shaving: Shaving off the growth under local anaesthetic.

Laser Therapy: Using lasers to destroy the growths.

Prescription Medications

The use of **Trichloroacetic Acid (TCA)** 30% for resistant or widespread coverage of seborrheic keratosis can work in some cases. TCA is a chemical peel agent commonly used for skin resurfacing and treating certain skin conditions. However, its use on seborrheic keratosis lesions can be challenging and should be done under supervision in the clinic.

It is applied with a brush to the lesions. Burn, itch and scabbing can result over the next 24 hours.

It can scar and de-pigment the skin, so care must be taken during treatment and is not recommended for home use.

Note: This is a compounded formulation that our onsite Pharmacist at ADVANTAGE PHARMACY can provide with prescription.

Conclusion:

These lesions can be difficult to treat. Keep in mind that while exfoliation might help improve the appearance of seborrheic keratoses, it won't eliminate them entirely. Also, any method of removal can result in scarring or skin discoloration, so it's essential to discuss options and potential risks with our team.