

Precautions after Mole Removal

General Guidelines (First Week After Procedure)

Please avoid the following for one week after your procedure:

- Alcohol consumption
- Smoking
- Sauna or extreme heat exposure
- Meridian massage
- Excessive facial expressions
- Intense physical exercise
- Skin exfoliation

Pain, bruising, and swelling will gradually improve with time and usually subside within 3–10 days. If symptoms worsen or become concerning, please contact the clinic immediately.

Mole Removal

- DuoDERM (Regenerative Tape) should not be changed too frequently. Leave it in place until new skin fully regenerates.
- Replace the tape only if the exudate is leaking. Generally, changing it every 2–3 days is sufficient.
- Complete regeneration typically takes 2–3 weeks, but may vary per individual.
- If redness or incomplete healing remains, continue using the tape to prevent pigmentation or scarring.
- After removing the DuoDERM, apply sunscreen diligently. Continue tape use if redness persists.

How to Replace DuoDERM:

1. Cut the tape slightly larger than the wound.
2. Apply and press gently for 5 seconds with your palm.
3. You may wash your face and apply makeup while the tape is on — just ensure the area stays clean and dry.

Post-Healing Care

- Once the wound is fully healed, focus on skin regeneration and moisturizing care.
- Continued sun protection is essential to prevent pigmentation.



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