

## Post Care for Skin Tags Removal

- For the next three days, you should apply an ointment, such as Aquaphor or Neosporin, to keep the area moist and help with healing.
- During the next one to two weeks, you should avoid direct sun exposure, hot tubs, pool water, and salt water until the treated area is healed.
- You'll want to keep the treated area clean and dry while it's healing. Avoid high-pressure water, and clean the area with antibacterial soap.
- If blisters form, don't pop them. Instead, continue to apply the ointment prescribed to you until the blister has popped naturally.
- Whatever you do, don't pick at any scabs or scrape your skin. Why? Because this may result in scarring and infection.
- Once the area has completely healed, apply sunscreen every day to the area for the next three months.
- Exercise is usually safe after skin tag removal session as long as you care for the treated area.
- Avoid self-tanners, bronzers, and spray tans for four to six weeks before and after skin tag removal.
- Be sure to carefully follow all aftercare instructions your doctor gives you, and don't be afraid to ask for clarification if you have any questions by contacting our office with info below.

**If there is any concern, PLEASE call/text Kearny Mesa 619 692 9300 or Solana Beach 858 755 4366 AND email us photos to [patients@beautyandbodylounge.com](mailto:patients@beautyandbodylounge.com) so we can further assess the situation.**