

Benign Growth Removal

What are benign growths?

Benign growths are noncancerous lesions or tumors on the skin that do not affect other parts of the body. They are typically harmless but may be removed for cosmetic reasons or discomfort. Lesions that are questionable or appear suspicious should be evaluated by a medical dermatologist first.

Common Types of BGRs:

1. Seborrheic Keratosis (SK)

- **Appearance:** Waxy, "stuck-on," brown or black plaques.
- **Common Sites:** Trunk, face, back.
- **Removal:** Cryotherapy

2. Skin Tags (Acrochordons)

- **Appearance:** Soft, small, skin-colored or pigmented pedunculated papules.
- **Common Sites:** Neck, armpits, groin, eyelids.
- **Removal:**
 - Cryotherapy/Cryotweezers

3. Cherry Angioma

- **Appearance:** Small, bright red to purple dome-shaped papules.
- **Common Sites:** Trunk, arms
- **Removal:** Electrocautery or IPL/BBL Laser treatments

4. Milia

- **Appearance:** Tiny white or yellowish papules
- **Common sites:** Face
- **Removal:** Manual extraction with a sterile needle
 - Topical retinoids may help prevent recurrence

5. Sebaceous Gland Hyperplasia

- **Appearance:** Flesh-colored, dome-shaped papules with central umbilication
- **Common sites:** Forehead, nose
- **Removal:** Electrocautery

6. Warts

- **Appearance:** Raised, rough, dome-shaped bumps
- **Common sites:** Hands, fingers, feet

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- **Removal:** Cryotherapy

There are other types of benign growths such as moles, cysts, and lipomas, but we do not remove these in clinic because they require excision and/or drainage.

Important Notes:

- **Consultation before removal is mandatory.** Providers can perform same day removals, if appropriate.
- **Insurance coverage** often only applies to medically necessary removals (e.g., pain, bleeding, infection). We do not accept/bill medical insurance but we can provide a superbill that patient can submit to insurance. There is no guarantee that it will be covered since we only offer cosmetic BGRs.