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## SKIN TAGS: ACROCHORDON

Skin tags are small outgrowths of normal skin caused by friction and become more common as we age. They are seen also frequently in people with diabetes or obesity, or sometimes during pregnancy.

### AFTER SKIN TAG REMOVAL CARE INSTRUCTIONS

Keep bandage on at least 1 hour, and then it is safe to take off. Do not get site dirty. Keep clean with soap and water. Although highly unlikely, please call if there is a bleeding problem.

To prevent future skin tags, avoid excessive friction on prone areas like neck, underarms, and shoulders.

May use vaseline and bandage for a few days to speed healing. Avoid using Neosporin or other antibiotic ointments for more than 2 days as they may cause reddening and allergic reactions.

### GENERAL SKIN CARE INSTRUCTIONS:

For those who want to keep their skin healthy and younger looking:

- 1) Sun protection: Always use sunscreen SPF 30+. Neutrogena is a good brand and won't cause breakouts. Wear a hat if possible, arm coverings for arms when driving.
- 2) Wash face with dove soap which is non-drying, and moisturize afterwards.
- 3) Less stress- stress makes you wrinkle your face unconsciously- try to relax, deep breathe at night. Do progressive muscle relaxation. For more information on relaxation techniques, can consult Dr. Hall again.
- 4) eat healthy veggies and fruits to keep skin young, less white carbs (white rice, white bread, white noodles, fried foods, and cakes/sweets).



*Skin Tag on Neck*



*These are not skin tags, but other non-cancerous spots.*