

PATIENT INFORMATION

Xanthelasma removal

Surgical excision or
CO₂ laser treatment

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This booklet explains xanthelasma removal and what to expect.

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01 Why you have this booklet

You've been given this booklet because you have talked to Mr Kumar about removing xanthelasma, or you're about to.

It explains the options, what to expect, and the risks and recovery.

It won't answer every question, and it isn't a substitute for talking things through with Mr Kumar, so please note down anything you want to ask and bring it to your next appointment. There is space for your questions at the back.

02 What xanthelasma removal involves

Xanthelasma are soft, yellowish patches of cholesterol under the skin of the eyelids, most often near the inner corner of the eye. They are harmless but can be very noticeable.

They are sometimes linked to raised cholesterol, so it is worth asking your GP for a blood test if you haven't had one recently. Around half of people with xanthelasma have normal cholesterol levels.

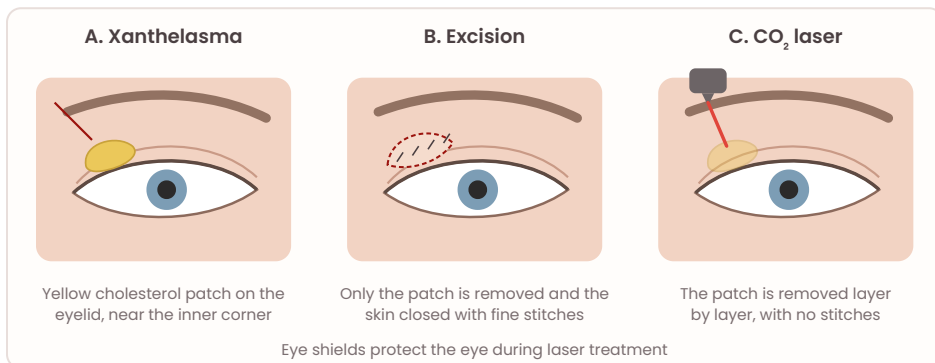


Figure 1. Xanthelasma on the eyelid, and the two ways of removing it. A simplified drawing for guidance only.

Surgical excision

Only the patch is removed, and the skin is closed with fine stitches that are usually removed after 5–7 days. Scars are placed along natural eyelid lines where possible.

CO₂ laser

The laser removes the patch layer by layer, with no stitches. Best for flatter, smaller patches.

Larger patches may need excision combined with an eyelid tuck, or treatment in stages.

03 Is it right for you?

You're likely to be a good candidate if:

- ✓ you have yellow patches on the eyelids that bother you
- ✓ you have had, or will arrange, a cholesterol check

What the procedure won't do

- It can't stop new patches forming, particularly if cholesterol is raised.

Please tell Mr Kumar if you have, or have had

- you take blood thinners or have a bleeding disorder
- a pacemaker or defibrillator (some equipment used to stop bleeding can affect it)
- allergies to local anaesthetic, plasters, latex or antibiotics
- a tendency to keloid or thickened scars
- diabetes or a weakened immune system, which can slow healing
- you smoke

04 Other options

You don't have to have this procedure. Depending on what bothers you, the alternatives include:

- leaving them alone, as they are harmless

- treating raised cholesterol, which may stop them growing

05 Getting ready

There is usually no special preparation for a procedure under local anaesthetic. Please:

- ✓ **tell us about any blood thinners** such as warfarin, apixaban, rivaroxaban, clopidogrel or aspirin. Don't stop them without advice; most minor skin surgery can go ahead while you take them.
- ✓ **eat and drink normally** beforehand
- ✓ **wear loose, comfortable clothing** that is easy to remove from the area
- ✓ **arrange a lift home** if the procedure is on your face, near your eyes, or on a leg or hand you need for driving

06 Anaesthetic and where it happens

This is usually done under local anaesthetic, so you are awake and the area is numb. You go home straight afterwards.

07 The procedure

Treatment takes 30 to 60 minutes under local anaesthetic. Eye shields are used for laser treatment. It is best if someone drives you home.

08 Recovery

- ✓ **Use cold compresses** for the first 48 hours to reduce swelling.
- ✓ **Stitches are usually removed after 5–7 days.**
- ✓ **Avoid eye make-up** until the skin has healed.
- ✓ **Protect the area from the sun** while the redness fades.

09 Risks and complications

Most people recover without any serious problems. But like any procedure it carries risks, and you should understand them before you decide. Where reliable published figures exist, we've given an approximate, rounded figure. Where they don't, we've used these standard terms:

COMMON

more than 1 in 100

UNCOMMON

1 in 100 to 1 in 1,000

RARE

1 in 1,000 to 1 in 10,000

VERY RARE

fewer than 1 in 10,000

Your own risk may be higher or lower depending on your health, whether you smoke, and the details of your procedure. Mr Kumar will talk through what applies to you.

What almost everyone experiences

These aren't really complications. They're a normal part of healing.

- Swelling and bruising around the eye for a few days.
- Redness that fades over a few weeks.

Other complications

- **Infection** **UNCOMMON**

Redness, swelling or discharge from the wound. Usually treated with antibiotics. It is more common on the legs.

- **Bleeding** **UNCOMMON**

Oozing can usually be stopped with 10–20 minutes of firm pressure.

- **Lighter or darker skin** **UNCOMMON**

Especially after laser.

- **Xanthelasma coming back** **COMMON**

Recurrences can usually be treated again.

- **The eyelid pulling down slightly** **RARE**

If a large area is removed from the lower eyelid.

Complications of the anaesthetic

Local anaesthetic is very safe. It stings briefly as it goes in. Rarely it causes light-headedness, and very rarely an allergic reaction. If you have a general anaesthetic or sedation, your anaesthetist will discuss the risks with you separately.

10 Further treatment

Occasionally a further procedure is needed to refine the result, for example if healing leaves an area uneven or a scar needs revising. This isn't usually considered until things have fully settled, often 6–12 months afterwards. The cost of any further procedure isn't automatically included in your original fee; the clinic team can explain our policy.

11 Photographs and records

Photographs are taken before and after your procedure and kept in your medical records. They help Mr Kumar plan your treatment, record how things looked beforehand and follow your progress. This is standard good practice. If we ever want to use your photographs for teaching, publication or marketing, we will ask you separately and specifically, and saying no won't affect your care in any way.

12 Costs and time to think it over

You'll receive a written quote covering your treatment, aftercare and any follow-up included in the price, together with our deposit and cancellation policy. Self-pay consultations cost £250 and follow-ups £150.

Time to think it over

We recommend waiting at least two weeks between your consultation and your operation. This follows good practice for cosmetic surgery, and gives you time to think things over and ask more questions. You can change your mind at any point before surgery, even on the day, and you don't need to give a reason.

13 Your decision

This is your decision and you have the right to:

- ✓ take as long as you need to decide, and bring someone with you to appointments
- ✓ say no to treatment, or withdraw your consent at any stage, without having to explain why and without it affecting any other care you receive
- ✓ ask for a second opinion from another surgeon.

14 Your personal information

Your personal and medical information is kept securely and used in line with UK data protection law (the UK GDPR and the Data Protection Act 2018). It's only shared with the people directly involved in your care, or where the law requires it, unless you give your consent for anything else.

15 Who to contact, and when to get help urgently

If you have any questions or worries, please contact the clinic during opening hours on **020 3026 9695** or **info@theuclinic.com**.

Contact us promptly if you have

- redness that is spreading, warmth, discharge from the wound, or a temperature
- bleeding that doesn't stop with 20 minutes of firm pressure
- the wound opening up
- pain that is getting worse rather than better

Out of hours, your emergency contact number will be given by the treating hospital or clinic.

16 What happens next

Before your procedure, Mr Kumar will go through this information with you again and take your written consent. If anything in this booklet has raised a question, or if anything changes with your health, your weight or your medication before then, please let us know.

My questions

Note down anything you want to ask Mr Kumar and bring it to your next appointment.

This image shows a single sheet of white paper with horizontal ruling lines. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.

Notes

Notes

Questions or worries?

Please contact the clinic during opening hours. Out of hours, your emergency contact number will be given by the treating hospital. In an emergency, call 999.

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