

Seborrheic Keratosis



Seborrheic keratoses (SKs) are common, non-cancerous skin growths that are harmless. They are usually slightly raised and look like they've been stuck on the surface of the skin. Though SKs may appear to spread, they are not contagious.

SKs often develop in those who are **middle-aged**, and likelihood increases with age.

Source: Healthline



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What happens now?

Seborrheic keratoses do not require treatment. People sometimes choose to have them removed for cosmetic reasons, or if they get caught on clothing. However, SKs can resemble other skin disorders, so they should be observed regularly for any changes in size, shape, or color.

Have an open discussion with your doctor. Here are some questions that may help you better understand your status:

- Are tests needed to confirm the diagnosis?
- What will removal cost? Does medical insurance cover it?
- How can I tell if an SK needs to be monitored?
- If an SK is removed, will it return? Will there be a scar?

SKs do not go away on their own, but **can be removed** if they become irritating or unsightly.

Source: Harvard Health

Treatment options

- Cutting or shaving off the lesion under local anesthesia
- Freezing lesions with liquid nitrogen (cryosurgery)
- Scraping the lesion from the skin (curettage)
- Burning the lesion off with electric current (electrosurgery)



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For more information, including tips on how to protect your skin from additional issues, visit [SpotTheSpot.org](https://www.spotthespot.org).

