

## **Don't Try This at Home (*Interview Transcripts*)**

**Anne Orzechowski, Family Medicine Advanced Practice Nurse, OSF HealthCare**

“If it’s not in a clean environment it can create a large area for infection to grow, which can lead to needing antibiotics and further scarring. I think removing a mole at home would just cause the opposite effect of what you’re looking for.” (:19)

**Anne Orzechowski, Family Medicine Advanced Practice Nurse, OSF HealthCare**

“If you remove a mole at home, it usually has deep roots, so if you’re just going to shave across the top of it you are not going to achieve the cosmetic look you want. But most importantly, when a provider removes a mole they send it off to pathology. A doctor looks at the cells under a microscope and makes sure it’s not cancer. So the biggest thing you’re missing when you remove a mole at home is that you’re not making sure that it’s not cancer.” (:31)

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“If you scoop off or shave part of a mole it may then look differently. So if you do have a cancerous mole that you try to remove yourself it will look different, and a dermatologist in the future may not be able to see it properly,” (:16)

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“If you have any moles that are larger or growing, are irregular in size, or have different coloring to them, it’s important to get them checked by a provider so they can ensure you don’t have skin cancer. You can also then get them removed by a licensed professional.” (:19)