



The Dudley Group
NHS Foundation Trust

Seborrhoeic keratosis

Skin Oncology Team
Patient Information Leaflet

Introduction

This leaflet has been written to help you understand more about seborrhoeic keratosis. It tells you what it is, what causes it, what can be done about it and where you can find out more.

What is seborrhoeic keratosis?

Seborrhoeic keratosis means harmless growths on the skin. These growths have a rough surface and may vary in colour from light brown to almost black. They are most frequently found on the trunk and usually start to appear after the age of 40. They happen because of an excess build-up of ordinary skin cells. They can run in families but are not infectious.

Once present, they do not go away and new ones often appear over the years. Their number can vary from one to hundreds in one person. Seborrhoeic keratoses are much more common than skin cancers, such as melanoma, and they are usually easy to recognise.

These skin growths are not dangerous and do not change into skin cancer. However, it is important that any strange-looking lumps are checked by a doctor so that a correct diagnosis can be made.

Can they be treated?

Seborrhoeic keratoses can be a nuisance as they can itch, become inflamed and catch on clothing. If they are causing problems, GPs, dermatologists or plastic surgeons can remove the growths either by freezing or by scraping or shaving them away. Local anaesthetic is used for this process.

Seborrhoeic keratoses are not removed for cosmetic reasons only as it can cause scarring of treated skin.

Can I find out more?

You can find out more from the following organisation:

British Association of Dermatologists (BAD)

Weblink:

[Seborrhoeic keratosis](#)

If you have any questions, or if there is anything you do not understand about this leaflet, please contact:

Skin Oncology Team on 01384 456111 ext. 3088 (9am to 5pm, Monday to Friday)

Russells Hall Hospital switchboard number: 01384 456111

This leaflet can be downloaded or printed from:

<http://dudleygroup.nhs.uk/services-and-wards/oncology/>

If you have any feedback on this patient information leaflet, please email dgft.patient.information@nhs.net

This leaflet can be made available in large print, audio version and in other languages, please call 0800 073 0510.

للحصول على هذه النشرة بحجم أكبر، وعلى شكل إصدار صوتي و بلغات أخرى، الرجاء الاتصال بالرقم 08000730510.

此宣传单可提供大字版本、音频版本和其它语言版本，请拨打电话：0800 073 0510。

Ulotka dostępna jest również w dużym druku, wersji audio lub w innym języku. W tym celu zadzwoń pod numer 0800 073 0510.

ਇਹ ਪਰਚਾ ਵੱਡੇ ਅੱਖਰਾਂ, ਬੋਲ ਕੇ ਰੀਕਾਰਡ ਕੀਤਾ ਹੋਇਆ ਅਤੇ ਦੂਸਰੀਆਂ ਭਾਸ਼ਾਵਾਂ ਵਿਚ ਵੀ ਪ੍ਰਾਪਤ ਹੋ ਸਕਦਾ ਹੈ, 0800 073 0510 ਤੇ ਫੋਨ ਕਰੋ ਜੀ।

Aceasta broșura poate fi pusă la dispoziție tipărită cu caractere mari, versiune audio sau în alte limbi, pentru acest lucru vă rugăm sunați la 0800 073 0510.

یہ کتابچہ آپ کو بڑے حروف کی لکھائی، سمعی صورت اور دیگر زبانوں میں مہیا کیا جا سکتا ہے۔ براہ مہربانی فون نمبر 08000730510 پر رابطہ کریں۔