

Skin Tags Self Management

Skin tags are harmless, fleshy growths which usually occur in skin folds such as the armpits, neck or groin. They are very common and do not usually require any treatment. Skin tags may occur more frequently in people who are overweight or have type 2 diabetes. They can vary in size from a few millimetres to several centimetres.

The vast majority of skin tags do not need to be treated. Unfortunately most skin tags won't be eligible for any NHS treatment.

If the skin tag is small, it may be suitable to treat yourself by tying it off. To do this, you should use cotton thread or dental floss to tie tightly around the base of the skin tag (then snip off the ends of the thread). This cuts off the blood supply to the skin tag and it should fall off within a couple of weeks.

More information:

<https://www.nhs.uk/conditions/skin-tags/>



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