

Milia Removal

Expert Milia Removal to treat Milk Spots and leave skin smooth and even

What is Milia Removal?

Milia are tiny white spots that develop on the face. They're pale, firm, and only 1-2 mm in size. They're caused by blocked pores and contain collections of skin flakes and keratin. Milia are harmless, but they can look unsightly, and if you pick and prod, they tend to leave scars.

Bella Vou offers expert Milia Removal in a comfortable, stress-free environment. The skilled specialists either use a needle to carefully extract the contents or a high-tech electrical device to cauterise the Milia and seal the skin.

Why have Milia Removal?

Milia can look unattractive and make you self-conscious about your skin. The little lesions can get inflamed or infected, and if they're not treated correctly can cause scarring.

The specialists at Bella Vou can carefully remove the Milia and provide advice on how to prevent them from recurring. Milia Removal is quick and straightforward, leaving you with a smooth, bump, and blemish-free complexion.

What happens in Milia Removal?

Your consultant at Bella Vou will perform the Milia Removal as an outpatient procedure. There are different treatment techniques; they will tailor the treatment to your skin.

The most common method is Deroofing. The specialist will use a needle to make a tiny incision above the Milia, then apply gentle pressure to extract the keratin core.

For some Milia, removal with an electric Hyfrecator provides better results. The device is precisely applied to the Milia. It uses tiny electrical impulses to heat the bump, cauterising and clearing the lesion.

How long is recovery from Milia Removal?

You will be able to get on with your usual activities immediately after the procedure. However, you should expect some redness and small pinprick cuts. The consultant will apply Aloe Vera gel to soothe the skin and speed up the recovery time.

As the skin heals, tiny scabs form over the treated areas. It's vital not to pick these to prevent infection or scarring and get the best results.

The Bella Vou team will offer individual advice on aftercare, follow-up, and ways to prevent future Milia formation.

Quick glance guide to Milia Removal

Procedure Time: 10-15 minutes

Recovery: No downtime

Anaesthetic: None or topical anaesthetic

Hospital stay: No

Treats: White spots

Why choose Bella Vou for Milia Removal?

Bella Vou offers clients a uniquely individual approach to cosmetic surgery and aesthetic treatments. The state-of-the-art clinic provides the very latest procedures in a chic, comfortable, and welcoming environment in the heart of the beautiful historic town of Royal Tunbridge Wells.

Bella Vou is dedicated to providing satisfaction, the highest standards of care, and a personal touch, throughout your treatment journey. The skilled team is passionate about helping people achieve the results they want and making their experience enjoyable and hassle-free.

Bella Vou offers competitively priced packages of care, with no hidden extras. The clinic is approved and inspected regularly to ensure the highest standards of patient care, cleanliness, and infection control.

The staff at Bella Vou are professional, highly qualified, and led by cosmetic surgeons recognised by the most reputable aesthetics and cosmetic surgery associations, including the UK Association of Aesthetic Plastic Surgeons (UKAAPS).

Bella Vou combines cutting-edge treatment and clinical excellence with the luxury, comfort, and discretion of a spa and the hospitality of a five-star hotel.

Your Milia Removal journey at Bella Vou

Free, no-obligation consultation

Bella Vou offers every client a free consultation with an expert. The consultation is an opportunity to discuss any concerns you have with your skin and the results you want to achieve.

Bella Vou will always give you an honest and impartial professional opinion. Mr Amir Nakhdjvani says:

‘At Bella Vou, we never pressurise people or try to sell procedures. It's always about giving an honest opinion and honest advice.’

Preparation for Milia Removal

No specific preparation is needed for your therapy. However, you should talk to your consultant if you are taking blood-thinning medications, aspirin, or anti-inflammatories. They can increase the risk of bleeding.

If you have any concerns, the staff at Bella Vou will always be on hand to answer your questions and offer support.

What happens during Milia Removal?

Your specialist at Bella Vou will perform your Milia Removal as an outpatient procedure. There is no need for any anaesthetic. However, a topical numbing cream can be applied forty minutes before the procedure if you have lots of lesions.

The therapist will clean and prepare your skin. They will then use a sterile needle to make a small prick in the surface of the skin overlying the Milia. Using gentle pressure, they can flick out or extract the keratin core.

For some types of Milia, removal with an electric Hyfrecator is more effective. The device is precisely applied to each Milia in turn. It uses small electrical pulses to heat the bump, drying out the lesion so that the cells die and can be cleared by the body's natural healing processes.

Recovery from Milia Removal

After the procedure, most people can go home and get on with normal activities. However, the staff at Bella Vou are always on hand to offer refreshments and answer any questions.

You shouldn't touch your skin after treatment to reduce the risk of infection. The skin may be a little red, and some pinpricks may be visible. The consultant will apply cooling Aloe Vera gel to soothe the skin and support healthy healing.

The treated area will scab over. You mustn't pick or poke these. Disturbing the scabs can slow recovery, increase the risk of infection, and cause scarring. Your consultant and the team at Bella Vou will offer advice, guidance, and support throughout your recovery.

FAQs

Does it hurt to remove Milia?

This procedure is almost painless. There is rarely a need for a topical anaesthetic. However, you can ask for a numbing cream before the procedure if you have lots of Milia, or you're worried about pain.

Can you prevent Milia?

Many Milia can't be prevented. However, you can reduce your risk by looking after your skin. Protecting your skin from the sun can help. It's important to avoid heavy facial creams, especially in the delicate area around the eye. Regular gentle exfoliation can also help. Speak to your consultant for advice on products that will care for your skin without clogging it up.