

BLUE NEVUS (BLUE MOLE)

A blue nevus is a type of a benign growth that is gray-blue to bluish-black in color. It can be flat or slightly raised and is generally smooth. People usually have one of these growths but occasionally more. Although they can be found anywhere on the body, they commonly occur on the head/neck or the tops of hands or feet. They can develop at any age, but usually occur in adult life. Once the blue nevus has appeared, it generally stays for life and does not change. Like any mole, though, if it changes, it should be checked. Possible signs to look for are a change in growth, color or if there is bleeding or crusting.

Occasionally, if I am unsure of the diagnosis, I will need to perform a biopsy to determine that the growth is indeed benign.

In general, patients with a blue nevus do not have symptoms. In most cases they are best left alone. If you feel it is unsightly or is irritated by your clothing, comb, razor, it can be removed to prevent future irritation from occurring. Usually the removal would leave a small scar. In some cases removing a blue nevus requires surgical excision with stitches.

If you have any questions regarding this benign growth, please ask me before you leave the office.

