

## **CRYOTHERAPY AFTERCARE**

Cryotherapy treatments are safe and effective, with excellent results. However, aftercare for the areas treated is also important for you to achieve the best possible outcome.

There are few things, which can affect the outcome. Generally, the treatment will go smoothly and there will be no problems.

### **Expectations**

Treatment is usually painless, or with slight discomfort, initially immediately after the treatment has been applied you may get any of the following which will have been explained to you when you signed the consent form.

- Redness due to the initial inflammation, this is normal and is part of the healing process. The area may also be slightly raised.
- You may get a small dry scab, do not pick or pull the scab. Allow it to come away by itself
- Itching may occur, usually within a few minutes of treatment. It usually lasts only a few minutes but may last up to ½ an hour. It is due to release of histamine, and is totally normal in treatment of this kind
- Blisters may form with any treatment to the skin and can happen to anyone. Any blisters which do form, may last just a few hours or a few days dependent on the location that has been treated. Blistering may occur after treatment of any type of lesion. Any blistering will not affect the outcome of the treatment.

### **Blistering**

If blistering does occur, it is regarded as a normal occurrence -

Do not pop the blister; it will go down on its own.

- Should it burst, use a non-alcoholic wipe to clean the area, and apply a smear of antiseptic cream. It may also be covered with a dressing/plaster.

## **FOLLOWING TREATMENT WITH CRYOTHERAPY**

### **DO NOT:**

- Scratch or pick the treated area this will cause the area to take longer to heal and may cause damage to the skin
- Use scrubs on the area, as this will damage the surface of the skin

### **General healing expectations**

- Most healing is straightforward and occurs without problem
- Most healing will take place in 4 to 6 weeks, however it may sometimes take longer than this, as all skin varies, and can take longer to regenerate
- Any treatments that take longer than 6 weeks to heal may need to be reviewed by your GP or clinic nurse.
- If your immune system is compromised, you may still have treatment, BUT healing may take longer, and you may require further treatment.
- If the area treated is tanned, the treatment will remove the tanning and the skin will need to repigment to the tanned colour. The small dry crusting that forms should come away after 4 weeks, if not please wait until it has done so before contacting the clinic/salon.
- During the healing time you may shower/wash as normal and use your usual cosmetics, including makeup, deodorants and moisturising creams

**INDIVIDUAL LESIONS****Skin Tags;**

- These will turn darker from the base and will dry up and fall off as the skin heals beneath them over 1 to 6 weeks.
- Larger tags may need a second treatment
- If the tag becomes sore or rubs against clothing it may be covered with a dressing or plaster

**Milia;**

- These are generally small superficial cysts filled with keratin they usually flatten and vanish with a single treatment and require no aftercare.
- Follow the advice for blisters should one form

**Pigmentation;**

- The area will often become red and raised and will go down after a few hours. The pigment will then become darker and a dry crust will form.
- When the crust falls away the new skin beneath is pink and shiny, this is NOT scarring. It is important at this stage that you use sun block minimum factor 50 to prevent the pigmentation returning

**Cherry Angioma/Campbell de Morgan;**

- The area will often become red and raised and will go down after a few hours.
- The lesion will shrink away and slowly vanish over 2 to 6 weeks

**Warts and verrucae;**

- As these are viral infections they may need more than one treatment to destroy the infected cells
- The second treatment can be completed 4 weeks after the first
- If you see black spots in the wart or verruca then it is dyeing away and should disappear over the next few weeks
- There is no specific aftercare.
- Follow the advice for blisters should one form

**Pigmented moles;**

- These may only be treated by a medically qualified practitioner
- Following treatment, the mole will darken and crust over
- As the fine crust slowly comes away the tissue will shrink and be paler than surrounding
- It will slowly blend into the normal pigment colour of the skin over the next few weeks
- It is important that you use sun block to prevent the skin from pigmenting dark again

**Keratosis;**

- These lesions may only be treated by a medically qualified practitioner
- Following treatment, they will crust and darken
- As they heal the crusting may come away in patches
- The new tissue will come through paler than surroundings and requires sun block to protect from pigmenting darker

**IMPORTANT INFORMATION**

*It is important that you use sun block (factor 50) following treatment of any pigmented lesions to prevent them re-pigmenting. Ask your clinic about Cryobloc*

*You may continue to wash, bathe and shower as normal. Pat the area dry afterwards, do not rub dry.*

*You may continue to use cosmetics and deodorants and perfume as normal.*

*If the treated area is weeping 2 weeks after treatment contact your clinic or salon for advice. If you do not understand any of this information, please ask your clinician/therapist.*