FREEZPEN®/CRYOTHERAPY POST-TREATMENT INFORMATION

After care advice

Ensure you take following precautions for the next 48-72 hours after treatment:

- Do not sunbathe or use other heat treatments (sunbeds, sauna, steam)
- Do not take hot showers or baths
- Do not swim
- Do not apply makeup to the treatment area
- Do not apply soap, perfumed products or heavy moisturisers to the treatment area
- Do not touch or cleanse the treatment area
- Do not pick at any scabs which may form

Gently cleanse around the area and pat dry with a clean tissue/towel.

What are the series of events after the FreezPen® procedure?

During the procedure the area freezes and turns white. After the white area thaws, a flushing occurs that turns the area red. This thawing is associated with a pinching sensation or a dull ache as a wheal is formed. This wheal will develop into a water blister that may rupture naturally (do not force rupture) within 24-48 hours and within 3-5 days the area will begin to form a scab. During this time it is important that the area is kept clean and dry to prevent infection, a small dressing may be required. The scab will fall off in approximately 1- 2 weeks. Depending on the extent of the freeze a new scab may reform and the process will repeat itself. The lesion will be completely healed in 2-6 weeks. After primary healing occurs the area may be whiter than the surrounding tissue, usually this repigments over time.

What are the possible side effects involved?

Freezpen Therapy is relatively low risk and side effects and complications are usually minimal. Some side effects may occur as a result of the treatment, these may include:

- Hyperpigmentation (browning) and Hypopigmentation (lightening) can occur with some people. These conditions usually resolve within 2-12 months. Permanent color change is a rare risk but is possible. Vigilant care must be taken to avoid sun exposure (tanning beds included) before and after the treatments to reduce the risk of color change. A physical sun block (with zinc) must be applied when sun exposure is necessary to protect the pigmented area. There is no guarantee that the area will fully repigment. However, for most individuals it does if the skin is not exposed to tanning elements.

- Infection is not usual after treatment but can occur whenever the skin is broken. Should any kind of infection occur, your practitioner must be notified to prescribe antibiotics if appropriate.

- Headaches are not uncommon when freezing on the forehead, scalp and temples. Can last for 2 hours.

- Nerve Damage is rare, damage to nerves is possible especially where the nerves are close to the skin surface (fingers, wrist, behind the ear). Reports suggest that symptoms disappear after several months.

- Hair follicles are easily damaged by cryosurgery and permanent alopecia to the treated area is not uncommon.

- Blistering can happen with any cryotherapy treatment and is indiscriminate. The Freezpen is the most effective way of avoiding blisters as we are only treating the affected area and not healthy tissue. If a blister does appear, please don't pop it. It will go down on its own. If it pops, weeping may occur. If so use a smear of Savlon or Germolene cream twice a day. An adhesive dressing such as a plaster can be used to cover the area to protect it.

- Skin tags turn black at the base and drop off over a period of one to six weeks. Larger skin tags of 3mm+ may need a second freeze. Please contact us after four weeks if they need to be retreated. If the area does become tender you can use use Savlon or Germolene twice a day. A plaster can be used to cover the area to stop the treated area being irritated by clothing rubbing on it.

- It is recommended if they are still there, warts and verrucae should be re-treated 4 weeks after your first treatment. There is no aftercare apart from if the treated area develops a blister.

- Milia are superficial keratin filled epidermal cysts and normally flatten and disappear with Cryotherapy quite quickly. There is no need to do anything other than follow the blister advice if one appears.

- Pigmentation and cherry Angiomas -The treated area may raise and look like a bee-sting. Do not worry this is perfectly normal. The redness will subside in a few hours.

General advice for all skin lesions

In the case of all lesions, over the next 24 hours the area will go darker and develop a crust on the surface. Do not pick this off. When it naturally falls away you will see new skin which is a shiny pink colour. This is not scarring. It will re pigment over the following weeks and could take several months.

- The histamine in the area which was treated will create an itchy achy sensation for between ten and sixty minutes, do not worry this is perfectly normal.
- Do not pick the treated area at any time after treatment otherwise the area will take longer to heal. If a scab is knocked off accidentally it will also take longer to heal, but you should still have the same outcome of a successful treatment.
- Please use a sunblock factor 50 on any pigmentation removal until it has re-pigmented, this may take up to eight weeks.
- You can continue to use make up, deodorant or perfumes on treated areas but try and leave for as long as you can on the day of treatment, ideally 48 hours
- If the small crust has not fallen off after four weeks please wait until it has done so before contacting the clinic. Skin sometimes takes several weeks and even months to regenerate.
- If the skin being treated is tanned please remember the healing skin will no longer be tanned. It will eventually re-pigment as it matures.
- Permanent alopecia can occur in a treated area which is usually covered with hair.
- Treatments that do not heal after six weeks should be reviewed by your practitioner
- Please contact your practitioner should this happens…