

The logo for Clinic6, featuring the word "Clinic" in a blue sans-serif font and the number "6" in a yellow sans-serif font, with a reflection effect below.

## **Pre- and Post-Care Advice – Freezpen CryoTherapy**

### **Pre Care**

Ensure you take the following precautions before your next treatment:

- Do not use retinols, exfoliating acids (AHAs, BHAs, PHAs etc) or physical exfoliants (scrubs etc) 48 hours prior to treatment on the area for treatment
- Do not apply fake tan/gradual tanner at least 2 weeks before your treatment.
- Do not have any laser/IPL treatments (hair removal or skin rejuvenation) on the treatment area for at least 1 week prior.

### **Specific pre-treatment information for verrucae and warts:**

- In the days leading up to your appointment, it is a good idea to give a wart or verrucae a bit of TLC!
- The treatment works best when the skin covering these lesions is soft and slightly opened. Follow the steps below to allow the treatment to work effectively:
- Soak the lesion in a bowl of warm, soapy water for 20 minutes
- With a pumice stone or emery board (nail file), gently scrub the lesion until the skin becomes rough.
- Please do not scrub so hard that you make the area sore. Discontinue these steps if bleeding occurs. You are not trying to open a wound or cause discomfort. However, the more deeply the jet of nitrous oxide can penetrate, the better the chances of removal after one treatment are.

## AfterCare

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.

## Side Effects

Freezen Therapy is relatively low risk and side effects and complications are usually minimal. Some side effects may occur as a result of the treatment. While there is very little aftercare required, there are a few things you should be aware of

These may include:

- **Headaches:** Not uncommon when freezing on the forehead, scalp and temples. Can last for 2 hours.
- **Pigment Changes:** Both hypo (lightening of the skin and hyper (darkening of the skin) pigmentation. Can last a few months or longer. Lost of pigment ( hypo ) can be permanent in darker skin
- **Nerve Damage:** Although 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.
- **Damage to hair follicles:** Hair follicles are easily damaged by cryosurgery and permanent alopecia to the treated area is not uncommon.
- **Blisters:** Blistering can happen with any cryotherapy treatment and is indiscriminate. The Freezen 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:** These 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 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.

- **Warts and Verrucae:** 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:** These 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.

### Post Treatment Information:

#### 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...