



Specialist Health and Beauty

CRYOPEN™ PRE and POSTCARE ADVICE + CONTRAINDICATIONS

Cryosurgery is the controlled destruction of unwanted tissue by the precise application of extreme cold. Cryosurgery requires no anaesthesia, has minimal scarring and safely treats lesions on the face and close to the eyes. Most unwanted benign skin lesions can be removed such as verrucae, skin tags, warts, moles, solar lentigines (age, sun, and liver spots), haemangioma, cherry angioma, seborrhoeic keratosis and xanthelasma.

CryoPen™ is cutting-edge technology that uses a targeted jet of nitrous oxide to freeze and destroy unwanted tissue, with treatments lasting only a few seconds. CryoPen™ is extremely accurate, quick, with minimal pain - far more advanced than the traditional liquid nitrogen cryosurgery.

Contraindications - When CryoPen™ May Not Be Suitable

CryoPen™ treatment is safe and effective for most people, but in certain cases, it may not be recommended. Please review the following conditions **before booking** to avoid disappointment.

CryoPen™ is not suitable if:

- You have impaired sensation or poor circulation in the treatment area
- There is an open wound at or near the treatment site
- You have a history of skin cancer at the treatment site
- You have a known hypersensitivity to cold
- There is recent scar tissue in the area to be treated
- You have Raynaud's disease (especially if treating fingers or toes)
- You are prone to keloid scarring
- You have superficial nerves at or near the treatment site

Before Your Treatment

Do not use retinols, exfoliating acids (AHAs, BHAs, PHAs etc) or physical exfoliants (scrubs etc) 48 hours prior to 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.

Before Your Treatment (Warts & Verrucae Only)

If you're having treatment for a wart or verruca, preparing the skin can help improve results:

1. Apply Salactol as directed on the product label or use zinc oxide tape daily for one month prior to treatment. Discontinue use immediately after treatment.
2. The night before the treatment, soak the area in warm, soapy water for 20 minutes. Then gently file the surface with a disposable pumice stone or nail file, removing all the hard skin from the lesion. This is crucial to ensure the effectiveness of the treatment. *Avoid causing pain or bleeding – stop if the skin becomes sore.*

The treatment works best when the outer layer is softened and slightly broken down, allowing better penetration of the CryoPen™.

What to Expect After Treatment

CryoPen™ therapy has a low risk of complications, but as with any medical procedure, some side effects can occur.

Possible Side Effects:

- Mild Headaches when the forehead, scalp, or temples are treated - usually resolves within 2 hours
- Residual irritation: residual stinging, redness and slight swelling is normal - this can last for a few hours
- Pigmentation Changes: temporary lightening (hypopigmentation) or darkening (hyperpigmentation) of the skin - can last several months
- Nerve Irritation: rare -may occur if nerves close to the surface are treated (e.g. fingers, wrists, behind the ears) - usually temporary

- Blisters: may appear in the treated area and typically go down on their own
- Hair Loss: treated hair follicles may be permanently damaged, leading to localised hair loss
- Scabbing: the lesion may darken and form a scab/crust - DO NOT pick this off, when it naturally falls away you will see new skin which is a shiny pink/brown colour - this is not scarring and it will re-pigment over time (there may be a slight difference in colour permanently)

Aftercare Instructions

To ensure the best healing and outcome from your CryoPen™ treatment:-

General Advice (All Lesions):

- Treated areas may darken and form a crust within 24 hours - **do not pick it off**
- Once the crust naturally falls away, new pink, shiny skin will appear - this is normal and will re-pigment over time
- Treated areas may feel stingy or itchy for up to an hour – this is a normal response due to histamine release
- Avoid picking or scratching the area, as this may delay healing and affect results
- If the scab falls off early, leaving an open wound, it must be cared for to prevent infection - gently clean with warm water and fragrance-free soap and put a sterile dressing over the area to protect it (if the area becomes inflamed and produces pus, please phone 111)
- You may use makeup, deodorant, or perfume on treated areas, but try to leave the skin bare for the first 3 days post-treatment, use a plaster if irritated by clothing abrasion
- A follow-up should be scheduled 2-4 weeks after the treatment to observe results, and for further treatment if required
- Once the scab has fallen off, apply SPF 50 sunblock daily, especially to areas where pigmentation was treated, until skin tone returns to normal (may take up to 8 weeks)
- Keep the area as dry as possible while healing, especially for the first 3 days

- Do not swim or use hot tubs/saunas for 2 weeks - once scabbed, you can go back to regular activity

If a Blister Appears:

Blistering is normal immediately after treatment and will subside on its own. Cover blisters with a sterile plaster or dressing if needed for protection. Do not burst a blister. If it does burst, wash your hands before touching it and gently wash the area with fragrance-free soap and pat it dry. Allow the fluid to drain fully before covering the area with a sterile plaster or dressing.

Skin Tags:

- These often turn black and fall off within 1–6 weeks
- Larger skin tags (over 3mm) may need a second treatment - contact us after 6 weeks if needed
- Apply something soothing such as Savlon or Germolene if the area feels sore, and cover with a sterile plaster to avoid irritation from clothing if required

Warts & Verrucae:

- Aggressive warts may require several re-treatments as they are viral and may reoccur
- Follow general aftercare - no additional care is required unless *blistering* occurs (*see above*)

Milia:

- Usually flatten and disappear quickly with no special care
- If blistering occurs, follow the blister aftercare advice above

Pigmentation Spots & Cherry Angiomas:

- Treated area may swell slightly and appear red, like a mild bee sting – this is normal and should settle within a few hours

Tanned Skin Warning:

- Treated areas will no longer be tanned
- New skin will re-pigment gradually over time

Please call the clinic on 023 93 190124 if you have any concerns or questions

When to Contact Us or a Doctor

- If your lesion has not healed after 6 weeks, please contact the clinic - larger, severe lesions may take 2-3 months to heal
- In the unlikely event you have signs of infection, bleeding at the injury site that persists after 10 minutes of direct pressure, fever for more than four hours, black edges around the injury, or pain at the wound which persists after taking painkillers please contact the clinic, your GP, or phone 111 for out-of-hours advice

Frequently Asked Questions:

Is there a change in pigmentation after a treatment?

Both hyperpigmentation and hypopigmentation may occur after cryotherapy and generally last a few months, but can be longer lasting. Please ask your practitioner about this before treatment.

What are the risks in darker-skinned patients?

While generally safe, cryotherapy carries a higher risk of pigmentation changes in darker skin tones. These changes may be temporary or, in some cases, permanent. We also offer SWD Electrolysis for mole and skin lesion removal which may be a better alternative for those with darker skin.

Will there be scarring?

Due to the precision of the CryoPen™ there is minimal damage to the surrounding connective tissues, resulting in minimal scarring. Hypopigmented lesions may be noticeable until the skin darkens.

How long will the lesion take to heal?

Healing depends on the depth of the wound. Occasionally, a blister may form and last up to 5 days. Typically, healing will occur within 2-6 weeks, depending on the length of freeze and location. Larger, severe lesions may take 2-3 months to heal.

What if the blister pops?

If the blister pops, gently bathe the area with mild, fragrance-free soap and warm water. The NHS suggests applying antiseptic ointment if there is risk of infection.

Covering the area with a sterile, non-stick dressing can also aid in healing. Avoid harsh scrubbing, alcohol or hydrogen peroxide (can delay healing), and leaving it exposed in unclean environments. If the blister becomes red, swollen or painful, or if you have a fever or other signs of infection, seek medical attention (111 is available for 24/7 advice).

How many treatments are needed?

Most lesions will respond to a single treatment. Some deeper lesions, however, may take several treatments to get results.

Will activities be limited after treatment?

We recommend keeping the area as dry as possible for the first 3 days. It is also important to protect the treated area from damage, abrasion and sun exposure. Take care while showering and avoid washing the area directly. Once a scab has formed, you can safely return to most of your normal activities. For 2 weeks, however, avoid swimming, saunas and sunbeds. After the scab has dropped, please apply SPF to the area, especially if it has pigment differences, as this is new, unprotected skin.

How long will the results last?

For most lesions, cryotherapy is a permanent removal. Warts and verrucae are, however, harder to remove than other lesions as they are viral and therefore may return.

What follow up is necessary?

Follow up should be scheduled in 2-4 week intervals to observe results, and for further treatment if required. Warts can be more difficult to treat, so if you notice one returning, please contact the clinic as soon as possible for easier management.

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