

CRYOPEN AFTERCARE

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

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 your 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 the treatment. It generally lasts only for a few minutes but may last up to 30 minutes. This is due to the release of histamine and is totally normal in a 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 CRYOPEN

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 will take place in 4-6 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 a clinic nurse.
- If your immune system is compromised, you may still have the 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 re-pigment 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.
- During the healing time you may shower/wash as normal and use your usual cosmetics, including makeup, deodorants, and moisturiser 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. It is important at this stage that you use sunblock (minimum factor 50) to prevent the pigmentation returning.

Cherry Angioma/Campbel 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 2-4 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 dying 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 the treatment, the mole will darken and crust over.
- As the fine crust slowly comes away the tissue will shrink and be paler than surrounding skin.
- It will slowly blend into the normal pigment colour of the skin over the next few weeks.
- It is important that you use sunblock to prevent the skin from pigmenting dark again.

Keratosis

- These lesions may only be treated by a medically qualified practitioner.
- Following the 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 require sunblock to protect from pigmenting darker.

IMPORTANT INFORMATION

It is important that you use sunblock (factor 50) following treatment of any pigmented lesions to prevent them re-pigmenting.

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 the clinic.

If you are experiencing problems or have any concerns, please contact us on 01707 662477.