

PRE & POST TREATMENT INSTRUCTIONS

CRYOTHERAPY

Pre & Post-Care Instructions (CryoSuccess Pen)

Cryotherapy with the CryoSuccess Pen uses controlled freezing to treat benign skin lesions such as skin tags, cherry angiomas, age spots, and certain sun spots. The treated area will go through a natural healing process over the next several days to weeks.

Pre-Treatment Instructions:

- Avoid sun exposure or tanning (natural or artificial) on the treatment area for at least 7 days prior
- Do not apply self-tanner to the area
- Avoid retinoids, exfoliating acids, or harsh skincare on the area for 3–5 days prior
- Do not shave or wax the area on the day of treatment
- Inform your provider if you:
 - Are pregnant
 - Have a history of keloid scarring
 - Have diabetes or poor wound healing
 - Are immunocompromised
 - Are prone to pigment changes (hyperpigmentation or hypopigmentation)

Treatment cannot be performed on suspicious or malignant lesions.

What to Expect After Treatment

Normal reactions may include:

- Redness and mild swelling
- A stinging or burning sensation for several hours
- Darkening of the lesion
- Formation of a blister or scab
- The lesion may fall off within 7–21 days



LIFESTYLE & AESTHETIC MEDICINE

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Pre-Treatment Instructions:

- Keep the area clean and dry for the first 24 hours
- Gently cleanse with mild soap and water after 24 hours
- Apply petroleum jelly or healing ointment once or twice daily
- Allow any scab or blister to fall off naturally
- Use SPF 30+ daily once healed if the area is exposed to sun

DO NOT

- Pick, scratch, or peel the treated area
- Apply acids, retinoids, or exfoliants until healed
- Use tanning beds or sunbathe
- Apply makeup directly over open or scabbed areas

Healing Timeline

Day 1–3: Redness, swelling, or blistering

Day 7–21: Lesion falls off

Day 3–10: Darkening and scab formation

Weeks 2–6: Skin continues to remodel and fade

Pigment changes may occur temporarily and typically resolve over time.

When to Contact Clinic

- Increasing pain
- Signs of infection (spreading redness, pus, warmth)
- Excessive blistering
- Delayed healing
- Significant pigment changes

Please note: Multiple treatments may be required for optimal results. Not all lesions are suitable for cryotherapy. Results vary depending on lesion size, type, and location

The information provided is for educational purposes only. Patients will be given the opportunity to have questions answered during their consultation before the procedure and will be advised of adverse reactions and alternative treatment options. It is the patients responsibility to adhere to pre-prep/post-prep instructions. For more assistance you can call us or visit your nearest Emergency Room for emergency situations.



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