



Cryotherapy Pre & Post Care Instructions

Pre- treatment

- Retinoic products should be stopped 2 weeks prior to treatment.
- Avoid sun exposure at least 1 week prior to treatment.
- Reschedule your appointment if you have any active infections.
- Accutane must be stopped 12 months prior to cryotherapy.

Post- treatment

- Redness, mild swelling, blisters and flaking is normal after your treatment. If you develop fever or skin drainage call the office right away.
- Wear sunscreen to treated area throughout the course of your treatment.
- Avoid sun exposure for at least 4 days.
- You may take Tylenol as needed for discomfort or apply ice.
- You must use a hydrating skin care product after your treatment to maximize your results. Your skin care expert can make recommendations for your specific skin type.
- You may cover the areas treated with a band aid if they rub on your clothing.

What to expect

- Healing may take up to 14 days with mild to moderate flaking and/or peeling of the treated area. Never pick the area, it may lead to infection. Leave the area alone and it will flake off on its own.
- Some people may develop headache, redness, pain, blisters, bleeding, infection, milia, hypo/hyperpigmentation, change in sensation, alopecia, atrophy, keloids and scarring.
- The clinical result varies from one individual to another. Several treatments may be needed to achieve the desired result.