

Cryotherapy Brown Spot Removal Aftercare Sheet

Stage 1 (immediately after treatment): After the treatment you may have an itchy or stinging sensation. This is normal and is caused by histamines being released around the treated area. The sensation will disappear within 10-20 min.

Stage 2 (1 - 5 days after treatment): Within 24 hours, you may see swelling or blistering in the area, however this will depend on the thickness of the skin on and around the area being treated. If you do get a blister, do not try to pop it as it will go down on it's own. If the blister pops on it's own it may weep, Germolene can then be applied to the treated area twice a day. If there is weeping a plaster can be used to cover the area.

Stage 3 (1 – 7 days after treatment): If a blister has formed it will go down and the treated area will dry out. Sometimes a thin crust or scab will form instead of a blister. The area treated may feel tender and sore. Any crust or scab will naturally fall off when the area underneath has healed. If the scab is accidentally knocked off, it will take longer to heal, but it will not affect the end result of the treatment.

Stage 4 (7 – 28 days after treatment): The scab will fall off, revealing new skin underneath. The new skin may appear lighter than the surrounding skin if tanned. Over the next few weeks the treated area will blend in with the surrounding skin.

Rarely the treated skin will show a post-inflammatory reaction and hyperpigmentation may occur. This will show up as a darker pigmented area. Post-inflammatory hyperpigmentation is temporary and will gradually fade over time.

Important:

- Avoid glycolic acids, Vitamin C, scrubs, Tretinoin (Retin-A), and Retinol creams for 7 to 10 days.
- Do not pick at the area
- If the skin being treated is tanned, the area treated with Cryotherapy will re-pigment to the skins original colour.
- You can continue to use deodorant, perfume and makeup on the treated area. However it is advisable to wait for as long as possible before doing so on the first day of treatment.
- Please wait for any crust/scab to fall off before contacting the clinic. This will usually happen within 2 weeks of treatment, however skin sometimes takes longer to regenerate.
- Swimming or hot tub use should be avoided while the skin is open.
- Treated areas which have not healed within 6 weeks should be seen by a doctor or dermatologist.

Adverse Effects: The most common adverse effects of Cryotherapy are swelling and blistering, pain, pale discolouration of the skin and rarely infection.

Swelling/blistering - The goal of Cryotherapy is to achieve a blister. However, often the blister is so thin that it can't be seen and it may have minimal swelling. Sometimes, a blood blister will form which can look quite dramatic but is harmless.

Pain – As with any blister, be it from wearing tight shoes, an oven burn or from Cryotherapy, it can be slightly painful. The pain should for most people be temporary, and subside within a day or so.

Infection - Rarely, the blister may become infected. When this happens, the blister becomes unusually tender, the fluid becomes cloudy, and the redness around it becomes more extensive. Contact the clinic or your GP if this happens. (See stage 2 for prevention of infection).

Pale discolouration - Some lesions, especially those on the face, may leave a slight pale discoloration. True scarring, involving deeper layers of the skin is unlikely.