The Danebury Practice

# CRYOTHERAPY PEN – AFTERCARE GUIDELINES

Cryotherapy works by freezing targeted skin lesions (such as skin tags, warts, pigmentation spots, or cherry angiomas), causing controlled cellular damage so the lesion can naturally shed during healing.

Proper aftercare is essential for optimal healing and minimal risk of complications.

**WHAT TO EXPECT AFTER TREATMENT:**

- Redness, mild swelling, or tingling for a few hours
- The treated area may darken, blister, or form a scab
- Lesions typically dry up and fall away within 7–14 days

**AFTERCARE INSTRUCTIONS:**

**First 24–48 Hours:**

- Keep the area clean and dry
- Avoid touching, rubbing, or picking
- Do not apply makeup, creams, acids, or active skincare
- Avoid heat exposure (hot showers, saunas, steam rooms)

**Ongoing Care (Until Healed):**

- Allow scabs to fall off naturally
- Do not pick or scratch
- Apply a bland healing ointment if dryness occurs
- Avoid exfoliation or waxing

**SUN PROTECTION:**

- Avoid direct sun exposure
- Apply SPF 30–50 once the skin has healed
- Continue sun protection for at least 4 weeks

**AVOID UNTIL FULLY HEALED:**
- Swimming pools, hot tubs, and the sea
- Excessive sweating or intense exercise (first 48 hours)
- Sunbeds or tanning
- Peels, lasers, or further cryotherapy

**WHEN TO CONTACT YOUR PRACTITIONER:**
- Increasing pain or redness after 48 hours
- Signs of infection
- Delayed healing
- Unexpected pigmentation changes

**FOLLOW-UP:**
- Some lesions may require repeat treatment after 3–6 weeks

If you have any questions or concerns, please do not hesitate to reply to this email or contact our reception team at 07503 787744.

Thank you for choosing The Danebury Practice. We look forward to welcoming you again soon.