



## Cryopen™ Cryosurgery Skin Lesions

CryoPen™ is an advanced cryotherapy innovation that is a fast, effective, safe and new solution for removal of skin imperfections. Procedures typically last from 5 to 25 seconds, so you can be in and out of the clinic quickly.

The CryoPen™ emits a fine jet of nitrous oxide under high pressure, which allows the clinician to work with millimetre precision. This destroys the tissue by freezing the inter-cellular fluid, forming ice shards and crystals which rupture the membrane, thereby destroying the cell. That means there will be no collateral damage to healthy tissue. It's so incredibly accurate and practical.

Cosmetic procedures such as skin tags, milia and cherry angiomas are no longer being treated by many doctors on the NHS.

### Indications

- Skin tags
- Solar lentigo
- Age spots
- Milia
- Warts (we do not offer treatment for verrucae)
- Cherry angioma
- Moles (when assessed as indicated by Practitioner)

### Treatment Regime

The treatment can be performed on a maximum of 5 lesions per session or 3 larger lesions, repeat treatments upon the same lesion can be performed after 6 weeks providing the lesion has fully healed.

**First Cycle Freeze** The applicator is held as close as possible to the skin imperfection and moved quickly towards and away from it. This could be from 1-30 seconds, depending on the size and depth.

**Thaw** 30 Seconds

**Second Cycle Freeze** The tissue will freeze faster than the first cycle

## Risk & Complications

CryoPen™ Therapy is relatively low-risk and side effects and complications are usually minimal. Some side-effects may occur as a result of the treatments and can include:

- Headaches are not uncommon when freezing the forehead, scalp or temple areas and can last up to 2 hours.
- Pigment changes, both hypo and hyper pigmentation (lightening or darkening), both may last for several months and hypo pigmentation can be permanent.
- Nerve damage, although rare damage to nerves is possible particularly in areas where they lie closer to the surface of the skin, such as fingers, wrist and the area behind the ear. Evidence suggests that this will resolve within a few months, however, very rarely the effect could be permanent
- Blistering to the treatment area but may only last a few hours
- Shards of frozen ice, the CryoPen™ directly delivers nitrous oxides der high pressure(55 bar). This high pressure jet may cause minor shards of frozen ice in the air blown away in a circle of approximately 30cm. They will thaw the moment they touch healthy skin.
- Treatments on sites with coarse terminal hair, hair follicles are easily damaged by Cryosurgery and permanent slope is is not uncommon.

## Aftercare

- Following treatment the histamine reaction will create an itch sensation, this is approximately 10 minutes post treatment, this is a normal response
- Do not pick the treated area, at any time after the treatment is administered as this will prolong the healing time
- If the treatment area is disturbed and the scab removed this will extend the healing period but will not have any impact upon the final result
- Blistering can occur with any cryotherapy treatment, the Cryopen is very precise which avoids the inadvertent treatment of healthy skin, so is more rarely experienced.
  - If you do experience blistering leave this alone, it will heal on its own. Do not burst the blister.
  - If the blister bursts, weeping is likely, use a dry dressing if required, but as long as you can keep the area clean it is better to avoid dressings. If you notice the area becoming red or weeping please contact the practitioner for advice.

## Skin Tags

These will turn black at the base and fall off over a period of 1 – 6 weeks, larger skin tags 3mm+ may require a second treatment session, this can be completed after 6 weeks.



## Millia

As these are superficial, keratin filled epidermal cysts, they will usually flatten and disappear, you may experience blisters and you should follow the advice. You may require multiple sessions if you have several lesions as there are a maximum number that can be treated during 1 session, this can be reviewed and tailored to your requirements.

## Warts (not Veruccae)

You may require more than one session, which can be completed after 4 weeks, no aftercare unless you develop blisters if so you should follow the advice

## Pigmentation & Cherry Angioma

The treatment area may raise and look like a bee sting, this is normal and will disappear within a few hours.

## Post Treatment

Over the following 24 hours after treatment the area will darken and form a small cruston the surface, do not pick it off. When this comes away naturally you will see new skin (shiny & pink) this is not scarring. It should re-pigment over the following weeks.

- You should use a sunblock SPF 50 on any pigmentation loss until it has re-pigmented this may be up to 8 weeks
- You should not apply make-up or deodorant to the treated area for 24 hours post treatment, and avoid completely if you have any signs of weeping or infection
- If you are receiving treatment on a tanned area of skin, the skin will return to the normal colour and will be lighter than the tanned skin
- If your treatment is not healing please contact your practitioner, in the event that it has not healed within 6 weeks you should consult your GP or Dermatologist



## Clinic Terms of Business

I understand that though complications are uncommon, they do sometimes occur. It is possible that side effects not described may occur and indeed that a complication not previously reported may occur for the first time. I understand if I suffer any adverse reactions that are not expected, or concern me, I must contact my practitioner, and book a review appointment. MD Medical Aesthetics Ltd cannot take responsibility for complications or results that have not been reported, assessed, documented and managed in a timely manner. Whilst I have been advised of the probable result, this cannot be interpreted as a guarantee. Results vary from one individual to another.

I confirm that the medical health history form has been completed truthfully and I am fully aware that withholding medical information, including history of previous treatment, may be detrimental to the safe and optimal outcome of any treatment administered. If there are any changes in my medical history, I must inform the practitioner.

I confirm that I have been provided with verbal and written information about this treatment which includes aftercare and follow up advice and I agree to follow the aftercare advice and understand this reduces risk of adverse reactions and helps ensure optimum results.

I understand information about me will be treated as confidential and access to it restricted in accordance with the Data Protection Act, unless specific permissions given.

### By consenting to treatment you accept the clinic terms and conditions as outlined:

- You are satisfied that the treatment has been explained comprehensively
- That the possible risks and side effects associated with the treatment have been fully discussed and understood
- That you have taken sufficient time to process and consider the information provided and any questions have been answered to your satisfaction, before making a decision to proceed with the agreed treatment plan.
- You consent to my medical records being shared with appropriate professional staff
- You accept emergency intervention treatment if required