

# SERENITY

## TREATMENT AFTERCARE

### CRYOPEN

The histamine in the area treated will create an itchy sensation for about ten minutes, do not worry this – it is perfectly normal. The area treated will look inflamed and can also be red. Blistering can happen with any cryotherapy treatment and is indiscriminate. You will have signed the consent form to show that you are aware of this. The blister may last anything from a few hours to a few days dependant on the area to be treated.

#### IF A BLISTER DOES APPEAR

Leave it alone - don't pop it, it will go down on its own...

If it pops; weeping may occur, you can use a non - alcoholic baby wipe to remove any debris from the area affected should the blister burst . It is also advisable to use a smear of Savlon or Germolene cream twice a day. An adhesive dressing such as a plaster can be used to cover the area. You can also use Savlon or Germolene if the area is tender.

Do not pick the treated area at any time after treatment, your treatment will take longer to heal.

If a scab is knocked off accidentally it will also take longer to heal, but you should still have the same outcome of a successful treatment.

#### How to look after your treated area

- Please use a sunblock (Minimum factor 50 ) on any pigmentation removal until it has re - pigmented, this may take up to eight weeks. Do not pick the area.
- You can continue to use make up, deodorant's or perfumes on treated areas , but try and leave for as long as you can on the day of treatment.
- If the small crust has not fallen off after four weeks please wait until it has done before contacting the clinic. Skin sometimes takes longer to regenerate.
- If the skin being treated is tanned please remember it will remove the tan and re pigment to the original skin colour.
  - Any treatments that do not heal after six weeks should be reviewed by your doctor or dermatologist.
- If your immune system is in any way compromised, this may affect healing or possibly mean that the area treated may need further treatment. This may be as a result of a condition that you are not actually aware of or that has been formally medically diagnosed.

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### MILIA

As these are superficial keratin filled epidermal cysts these normally flatten and disappear with Cryotherapy. There is no need to do anything other than follow the advice for blisters if one appears.

### WARTS/VERRUCAE

May need more than one treatment. It is recommended if they remain, that warts and verrucas may be retreated after 4 weeks following your first treatment. There is no specific aftercare , apart from if the wart or verruca blisters as described above

### PIGMENTATION

The treated area may become raised, slightly inflamed and look like a bee sting. This is perfectly normal, it will go down in a few hours. Over the next 24 hours the area will go darker and create a small crust on the surface do not pick off. When it naturally falls off you will see new skin (shiny pink) this is not scarring. It will re pigment over the following weeks.