

Cryotherapy – Before & Aftercare

Before Your Appointment

Please ensure the area to be treated is clean and free from makeup, creams, lotions, or self-tan.

Avoid using active skincare ingredients (such as retinoids, acids, or exfoliants)

on the area for at least 5 days before

Do not shave or wax the treatment area on the day of your appointment.

Inform your practitioner if you have a history of keloid scarring, delayed wound healing, or any circulatory issues.

If you are pregnant, breastfeeding, or currently have a cold sore or

skin infection in the treatment area, please contact the clinic

After Your Appointment

It's normal for the area to appear red and feel numb or sting for a few hours post-treatment.

A blister or scab may form – this is part of the natural healing response.

Do not pick, scratch, or burst any blisters. Allow the area to heal on its own to minimise the risk of scarring.

Keep the area clean and dry. Avoid getting the area wet for the first 24 hours if possible.

Refrain from using hot baths, saunas, steam rooms, or swimming pools for at least 48 hours.

Do not apply fragranced products, active ingredients, or harsh skincare to the treated area until it has fully healed.

Use a broad-spectrum SPF 30 or higher daily on the area to prevent pigmentation or sun sensitivity.

What to Expect

The area may darken, scab, or crust as it heals – this is completely normal and usually lasts between 5 to 14 days.

The lesion will likely fall away naturally during healing. Final results are typically seen within a few weeks.

In some cases, multiple treatments may be required for full resolution.

When to Contact Us

If the area becomes very painful, hot to the touch, significantly swollen, or shows signs of infection such as pus.

If you're unsure whether your healing is progressing as expected.

Please contact the clinic if you have any concerns at all.

Emergency Contact

If you have any urgent concerns outside of clinic hours, please call: 07747 835321