

## D-Derm Aesthetics

### Cryotherapy - Treatment Protocol

#### What to Expect

- During Treatment – Area being treated will sting, burn and then possibly itch.
- Immediately After Treatment – Area will be red sore and swollen. Next Day- Blister or blood blister has formed, tenderness starts to subside. Apply a Band-Aid if necessary.
- 7 Days- Surface is dark red/brown and scab-like. Apply Vaseline or an antibacterial ointment if necessary.
- 2 to 4 Weeks- The surface starts to peel off.

#### Post-Treatment Instructions

- Clean the area with soap and water daily.
- Apply ointment (Vaseline, Aquaphor) until it heals.
- If this area is exposed to dirt, sweat, irritation from clothing or picking, cover daily with a bandaid.
- Avoid glycolic acids, vitamin C, scrubs, Tretinoin (Retin-A), and Retinol creams for 7 – 10 days.
- No makeup should be applied until the area is fully healed.