

Blemish Removal Aftercare Advice

Aftercare – Cryotherapy Treatment

Cryotherapy treatments are safe and effective, with excellent results and generally no problems.

However, please follow the aftercare advice below to achieve the best possible outcome.

- After the treatment, you may experience any of the following, which are normal and part of the healing process. They usually subside quickly:
 - Redness
 - The area may be slightly raised
 - You may get a small dry scab - do not pick, scratch or pull the scab, but allow it to fall off by itself
 - Itching may occur, usually within a few minutes of treatment, and may last up to 30 minutes
 - Blisters may occur and last from a few hours to a few days. Blisters are a normal occurrence and do not affect the outcome of the treatment. **DO NOT POP THE BLISTER** - it will go down on its own. Should it burst, use an alcohol-free wipe to clean the area, and apply a smear of antiseptic cream. It may also be covered with a dressing/plaster.
- Most healing is straightforward and occurs without problem. The area is usually healed within 4-6 weeks. However it may take longer. If the area is not fully healed after 6 weeks, please contact us for a review.
- If the treated area is weeping 2 weeks after treatment contact the clinic for advice.
- If your immune system is compromised, healing may take longer and you may require further treatment.
- During the healing time you may shower/wash as normal and use your usual cosmetics, including makeup, deodorants, perfumes and moisturising creams.
- Do not use scrubs on the area, as this will damage the surface of the skin.
- After washing the area, pat it dry afterwards, do not rub dry.
- It is important that you use sun block (factor 50) following treatment of any pigmented lesions to prevent them re-pigmenting.
- If you do not understand any of this information, please ask your therapist.

INDIVIDUAL LESIONS

SKIN TAGS:

These will turn darker from the base and will dry up and fall off over 1 to 6 weeks as the skin heals beneath them. Larger tags may need a second treatment. If the tag becomes sore or rubs against clothing it may be covered with a dressing or plaster

MILIA:

These are generally small superficial cysts filled with keratin. They usually flatten and vanish with a single treatment and require no aftercare. Follow the advice for blisters should one form.

PIGMENTATION:

The area will often become red and raised and will go down after a few hours. The pigment will then become darker and a dry crust will form. When the crust falls away, the new skin beneath is pink and shiny, this is NOT scarring.

It is important at this stage that you use sun block minimum factor 50 to prevent the pigmentation returning.

CHERRY ANGIOMA/CAMPBELL DE MORGAN:

The area will often become red and raised and will go down after a few hours. The lesion will shrink away and slowly vanish over 2 to 6 weeks.

WARTS AND VERRUCAE:

As these are viral infections, they may need more than one treatment to destroy the infected cells. The second treatment can be completed 4 weeks after the first.

If you see black spots in the wart or verruca then it is dying away and should disappear over the next few weeks. There is no specific aftercare. Follow the advice for blisters should one form.

PIGMENTED MOLES:

Must be diagnosed as benign by a medically qualified practitioner.

Following treatment, the mole will darken and crust over. As the fine crust slowly comes away, the tissue will shrink and be paler than the surrounding skin. It will slowly blend into the normal pigment colour of the skin over the next few weeks

It is important that you use sun block (factor 50) to prevent the skin from pigmenting dark again.

KERATOSIS:

Must be diagnosed as benign by a medically qualified practitioner.

Following treatment, they will crust and darken. As they heal, the crusting may come away in patches. The new tissue will come through paler than surrounding area and requires sun block (factor 50) to protect from pigmenting darker.

If you have any concerns, please contact us via email or telephone as above.

Aftercare - Plasma Pen Treatment

Your mole, Skin tag or other blemish has been removed using the **Plasm Pen**. To achieve optimal results, it's essential to follow this aftercare advice. Please do not hesitate to contact me with any concerns or questions.

- You are likely to experience some short-term side effects during the initial skin healing process, which is typically the first 7 days after treatment.
- It takes 8-12 weeks for the area to fully heal. Additional treatments in the same area, if required, may only be done after the 12-week period.
- You may continue with your normal daily activities as normal
- Swelling and inflammation for 1 – 5 days post-treatment is normal and to be expected. You may also experience a stinging sensation in the treated area. This is normal and fades within 24 hours. Skin may feel tight and dry with possible itching of the treated area. Weeping occurs occasionally and quickly settles.
- A scab/crust will likely may form on the treated area and be visible for up to a week. DO NOT pick off the crust as it will delay the healing process or could scar
- When the scab has fallen off, your skin may be a little pink as it is fresh, new baby skin.
- Clean the area daily with lukewarm water and soft, lint-free cloth daily to remove excess oil. Pat dry only and avoid rubbing the treated area.
- Avoid saunas or sunbeds during the 12-week healing process. Avoid strenuous exercise, hot showers, sweating or extreme heat for 24 hours,
- You may have been provided with Silver Colloidal Gel with Aloe Vera. This helps the crusts moist during the healing process. You may apply tiny amounts of the up to 3 times a day, until the carbon crusts have fallen off. The gel dries on the area and acts to protect the skin and provide relief from possible itching, as well as helps to speed up healing.
- Keep the treated area oil-free.
- DO NOT exfoliate the area until healed
- Only wear make-up on the area, once the crusts have fallen off
- Do not cover the area with a dressing or plaster
- For the next 12 weeks and ideally longer, it's crucial to apply SPF50 when you are outside to prevent the new skin from burning. Be particularly vigilant if you are in the midday sun.

I hope you have found your treatment beneficial and would really appreciate it if you would follow me on [Facebook](#) or [Instagram](#) at [@Aesthetice/JE](#) and review your experience. Thank you.