

❄️ Cryoprobe: Pre & Post Care

"Because freezing things off should still be a warm experience..."

🧊 During the Procedure

💡 The Process

After sanitizing the area, your provider uses a **pen-like cryoprobe** to **rapidly freeze and destroy** the unwanted tissue.

❄️ **Freezing time:** 3–20 seconds — blink and you'll miss it (unless you're blinking from the cold).

😬 What You Will Feel

Expect an **intense icy sting**, like winter slapped your skin.

It calms down to a milder pain within minutes, so don't worry — the **Arctic blast moment is brief**.

🕒 Treatment Duration

Each spot takes just **3–20 seconds**. Fast, effective, and a little frosty.

☀️ After Care

💖 What Your Skin Will Look Like

- Swelling for 1–2 hours is common.
 - Within 24–48 hours, the area **turns red**, then **darkens**, then **forms a scab**.
 - Scab heals in **1–3 weeks**.
 - ⌚ Warts or stubborn spots may need several rounds. (They're just being dramatic.)
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✅ Things to Do

❄️ **Cold compresses:** 5 minutes on, 10 minutes off — repeat several times per hour to calm your skin.

💧 Apply healing ointments at night:

- **Rapid Rebuild Me** or

- **Nanosilver** — both from Crystal Skin
Use a **thin layer only** — we're soothing, not smothering.

🚿 **Showering & swimming** are totally fine — your skin won't melt.

👤 **Keep your skincare routine**, but treat the area gently:

- ❌ No scrubbing
- ❌ No exfoliants
- ✅ Yes to love and light pats

🩹 **Band-Aid bonus:**

Cover the area with a **dry Band-Aid** to protect it from damage, irritation, or sunburn.
If it blisters, still cover it — **no popping zone!**

🚫 Things to Avoid

🚫 **DO. NOT. PICK. THE. SCAB.**

We cannot stress this enough.

👤 Picking = scarring = regret.

Let it **fall off naturally like a responsible adult skin cell.**

If your skin throws a tantrum (excessive redness, pus, or mystery blisters), call Crystal Skin at **801-498-7873** immediately. Don't play dermatologist at home. 🚫🚫

Treat it gently. Let it heal. You're one freeze closer to flawless. ♀