

PRE & POST-CARE ADVICE

CRYOTHERAPY

PLEASE FOLLOW THIS ADVICE FULLY FOR YOUR HEALTH, WELLBEING, AND TO ENSURE THE EFFECTIVENESS AND LONGEVITY OF YOUR RESULTS

Before your treatment:

- Avoid touching, scratching, or irritating the area to be treated.
- Keep the skin clean and free from heavy creams or makeup on the day of treatment.
- Avoid direct sun exposure and sunbeds for at least 5–7 days before your appointment.
- Inform us of any skin conditions, infections, or medications that may affect healing.

After your treatment:

- Some redness, swelling, blistering, or tightness is normal and can feel similar to a mild sunburn. This usually settles within a few days but may last up to 1–2 weeks depending on the area treated.
- Do not pick, scratch, or remove scabs; allow them to heal naturally.
- Keep the area clean and dry, avoiding swimming, saunas, or steam rooms for 48 hours.
- Avoid applying makeup to the treated area for 24 hours.
- Avoid strenuous exercise or gym sessions for 2–3 days post-treatment.
- Protect your skin from the sun and always apply SPF 30+ daily after healing.
- Avoid tanning, facials, microdermabrasion, chemical peels, and laser treatments for at least 2–4 weeks following your procedure.
- Avoid using products containing alcohol, petroleum, or acids on the treated area for 14 days.

If you have any concerns, notice unusual reactions, or need further guidance after your treatment, please get in touch with us promptly.