



CULTSKIN®

PRE AND
POSTCARE
CRYOPEN

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PRE-TREATMENT CARE

Before Your Treatment

Keep the treatment area clean and free from irritation.

Avoid excessive sun exposure, sunbeds and tanning before treatment.

Do not have treatment on sunburned, broken or significantly irritated skin.

Avoid applying self-tan to the area being treated.

Inform your practitioner about any recent treatments to the area, including laser, cryotherapy, chemical peels or other aesthetic procedures.

Inform your practitioner of any relevant medical conditions, allergies, skin conditions or medications.

Tell your practitioner if you have previously experienced poor wound healing, excessive scarring or significant pigmentation changes following skin treatments.

On the Day

Arrive with clean skin where possible.

Avoid applying creams, oils or makeup directly over the treatment area unless instructed otherwise.

Do not pick, scratch or manipulate any existing lesion before treatment.

Your practitioner will assess the area and confirm that CryoPen is appropriate before proceeding.

POST-TREATMENT CARE

Immediately after CryoPen treatment, the area may appear:

Red
Swollen
Pale or white
Tender or sensitive
Slightly raised

A blister may develop within the following hours or days. This can be a normal part of the healing response.

FIRST 24-48 HOURS

DO

Keep the treated area clean and dry as advised by your practitioner.

Wash gently with clean water and a mild cleanser if required.

Pat the area dry – do not rub.

Follow your practitioner's instructions regarding any recommended dressing or aftercare product.

Keep the area protected from friction and irritation.

Wash your hands before touching the treated area.

AVOID

Picking, scratching or peeling the treated area.

Deliberately breaking a blister.

Rubbing or exfoliating the area.

Applying makeup directly over an open or blistered treatment site unless specifically advised.

Swimming pools, hot tubs and other communal water while the area is open or healing.

Excessive heat, saunas and steam rooms.

Direct sun exposure

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IF A BLISTER FORMS

A blister can occur following cryotherapy and may be part of the normal healing process.

Do not intentionally burst or peel the blister.

Keep the area clean and protected.

Avoid unnecessary pressure or friction.

If the blister breaks naturally, do not remove the remaining skin.

If the blister becomes increasingly painful, develops significant surrounding redness or produces pus, contact the clinic for advice.

HEALING PERIOD

As the treated area heals, you may notice:

Scabbing

Dryness

Flaking

Temporary darkening or lightening of the area

Mild tenderness

Allow the treated area to heal naturally.

IMPORTANT

Do not pick or remove scabs. Allow them to detach naturally. Picking can increase the risk of scarring, infection and pigmentation changes.

Healing time varies according to the lesion treated, treatment intensity and individual skin response.

SUN PROTECTION

Sun protection is particularly important while the treated area is healing.

Avoid direct sun exposure to the treated area.

Once the skin has closed and your practitioner confirms it is appropriate, apply broad-spectrum SPF 30-50 daily.

Wear protective clothing or use physical shade where possible.

Avoid sunbeds and intentional tanning.

Sun exposure during the healing period can increase the risk of temporary or prolonged pigmentation changes.

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Skincare

Until the area has fully healed:

Avoid retinol/retinoids directly over the treated area.

Avoid AHA/BHA and other exfoliating acids.

Avoid scrubs and exfoliating brushes.

Avoid strong active skincare unless specifically recommended.

Avoid waxing or other hair-removal treatments over the area.

Once healed, gradually return to your normal skincare routine as advised by your practitioner.

When Will I See Results?

For CryoPen, the timing depends on what has been treated, but generally:

First few days: The area may become red, swollen, blistered or develop a scab.

1-2 weeks: The treated tissue typically continues to heal and the scab may naturally come away.

2-4 weeks: You may start to see clearer improvement in the treated area.

4-6 weeks: The result can usually be assessed more accurately, which is why this is a suitable time for a review.

After 6 weeks: Some lesions may continue to improve as the skin remodels.

Some lesions may require more than one treatment, depending on their type, depth and response.

Review Appointment

For CryoPen, a review is commonly arranged at around 4-6 weeks after treatment. This allows the treated area enough time to heal and gives the practitioner a better indication of the treatment response.

4 weeks: Review healing and assess the treatment response and decide whether further treatment is appropriate.

Earlier review: If there is significant pain, increasing redness/swelling, suspected infection, unusual blistering, or any other concern.

Further treatment: If required, it is generally best to wait until the area has fully healed before retreating.

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When Should I Contact CULTSKIN® Immediately?

Please contact the clinic promptly if you experience:

- Increasing or severe pain
- Increasing redness or swelling
- Spreading warmth around the treated area
- Pus or other signs of infection
- Excessive or persistent bleeding
- Significant blistering
- A reaction that is worsening rather than improving
- Any other symptom that concerns you

If you experience difficulty breathing, difficulty swallowing or symptoms of a severe allergic reaction, seek emergency medical attention immediately.

Although complications are uncommon, prompt assessment is essential if any of the above occur.

Should you feel concerned by what seems like an adverse reaction, want reminding on your specified aftercare instructions, or in the case of an emergency, feel free to call us on our main line number, **0203 970 4693**, within opening hours. However, we also have a dedicated emergency line, open 24 hours a day, to which you can call on **07311799185**

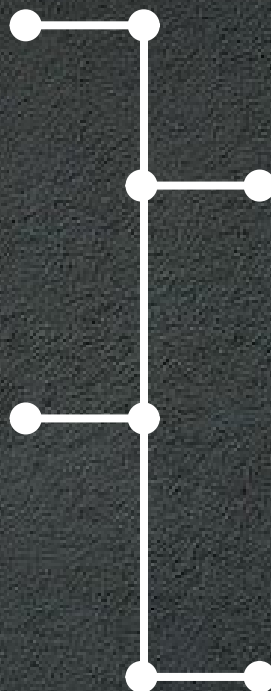


CULTSKIN® LAB

At CULTSKIN®, we believe in taking a holistic approach to skincare, where every step of your journey is carefully planned to achieve lasting results. The CULTSKIN® Lab is the UK's first of its kind, offering an exclusive 12-month subscription that provides you with one advanced skin treatment every month, ensuring consistent care and improvement throughout the year.

During your initial CULTSKIN® Lab consultation, your skin will be digitally scanned using the ph formal scanner, which identifies any areas that may need special attention.

At each treatment, we'll assess your skin and adjust your plan to address any new concerns that may arise.



Based on this analysis, our experts will create a personalized treatment plan tailored to enhance the overall quality of your skin in the most effective way.

As a CULTSKIN® Lab member, you'll also receive a complimentary skin scan every three months, allowing us to track your progress and fine-tune your treatment plan for optimal results.



This personalized, ongoing care is a core part of your skincare journey, ensuring you achieve the healthiest, most radiant skin possible.

PRICING

See below your custom quotation for treatment from our 5 star team.

FLEXIBLE PAYMENT OPTIONS AT CULTSKIN®

At CULTSKIN®, we believe that achieving your goals should be accessible and stress-free. That's why we offer a range of flexible payment options to suit your needs.

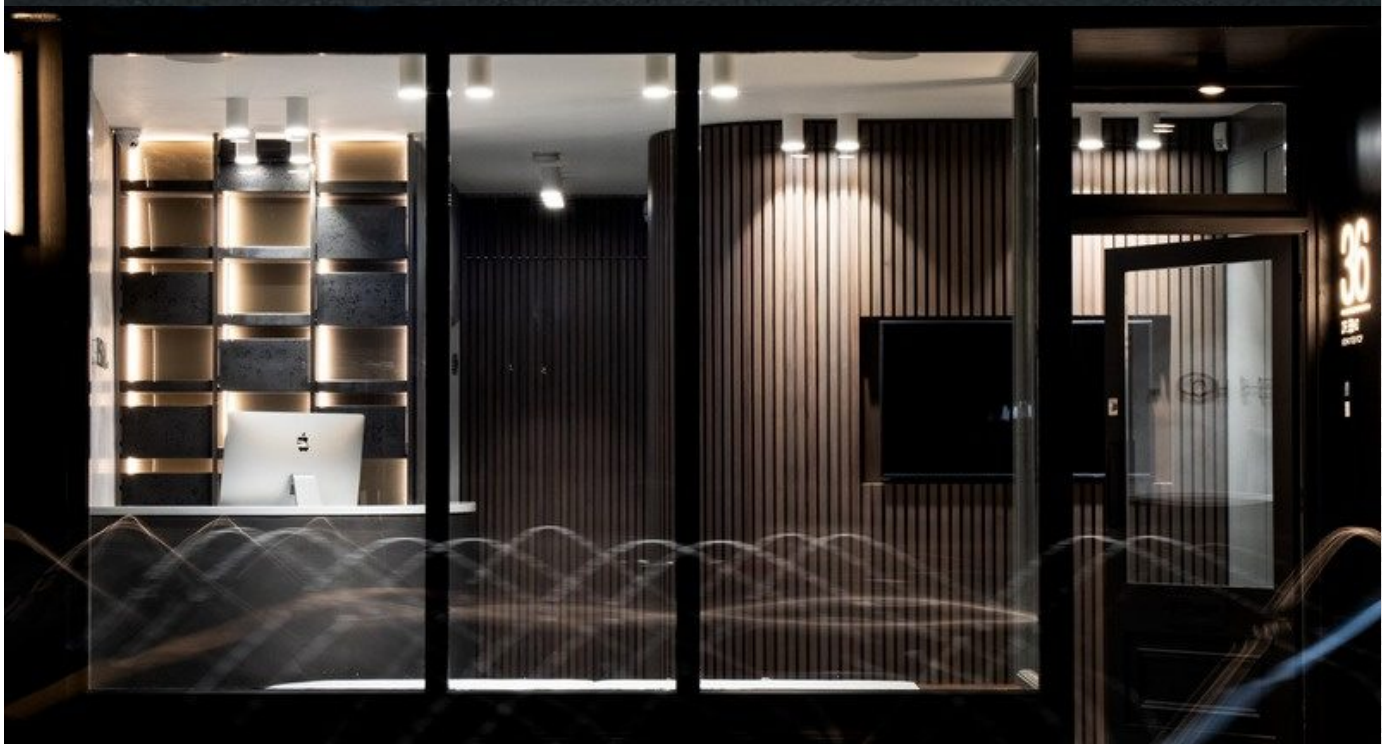
- **Klarna:** Split your payments into manageable, interest-free installments with Klarna. Enjoy your treatments now and pay later at your convenience.
- **Plim Finance:** Spread the cost over a longer period with Plim Finance, designed to offer affordable monthly payments without compromising on quality.
- **GoCardless:** Set up hassle-free, recurring payments for subscriptions and memberships with GoCardless, ensuring your skin journey is seamless and uninterrupted.

We also have a range of subscription models to make premium treatments accessible to all budgets. Speak to our team today to find the best option for you and for more information see [here](#).

CULTSKIN® LAB

The CULTSKIN® lab is annual subscription which is composed of 12 affordable monthly payments which work out 50 % less than the ad hoc treatment prices with a host of other benefits. For more information see [here](#).

For those seeking a more flexible approach, the CULTSKIN® LITE Lab offers a rolling subscription with an initial deposit and monthly payments, providing express treatments and exclusive benefits. Rest assured, all payments are processed securely, and we ensure a seamless experience for our clients every step of the way.



If you would like to go ahead with any of the previous treatments, then you can book your appointment today one of three ways:



ONLINE
click here



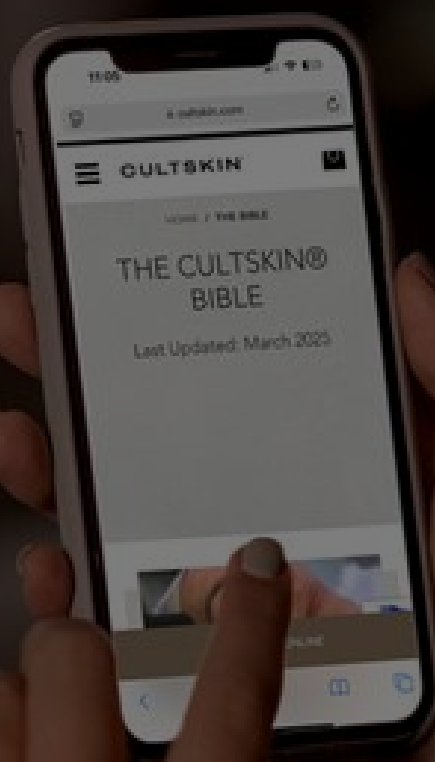
BY PHONE
02039704693



BY EMAIL
bookings@cultskin.com

VIEW OUR FULL LIVE TREATMENT BIBLE

CLICK HERE



A smiling man with a beard, wearing a dark t-shirt, stands in a modern interior with a textured wall and a dark vertical panel on the left. His hands are clasped in front of him.

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