**EliteCryo USA Beauty + Wellness**
In-call in Simi Valley or mobile to your location
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CLIENT AFTERCARE

# Post-Cryotherapy Safety & Aftercare Instructions

Please read these instructions carefully and follow them after every localized $CO_2$ cryotherapy session, including cryo facials, body contouring, and wellness or spot treatments. Keep this copy for your records.

## What you may notice

Temporary redness, tingling, numbness, or a feeling of tightness in the treated area is common and usually settles as the skin returns to a normal temperature. The skin may feel cooler or slightly more sensitive for a short time.

## When to contact EliteCryo or seek medical care

Contact EliteCryo promptly if you notice blistering, persistent or worsening pain, unusual or lasting changes in skin color, or any signs that concern you, including possible frostbite (for example, skin that stays very pale, gray, or hard, or blisters after treatment).

Seek medical care if symptoms are severe, rapidly worsening, or if you are unsure whether you need urgent attention. For aftercare questions, call (805) 864-2012 or email info@elitecryousa.com.

## For about 24 hours after treatment

- Avoid heat on the treated area, including hot tubs, saunas, and very hot showers.
- Avoid intense exercise that significantly raises body temperature or puts strain on the treated area.
- Avoid direct sun on the treated area. When you are outdoors, use a broad-spectrum sunscreen (SPF).
- Do not apply ice packs or heat packs to the treated area unless EliteCryo or your physician has specifically advised it.

## Skin care

- Gently pat the skin dry; do not rub.
- Stay well hydrated.
- After facial treatments, avoid harsh active products on the treated area — including retinoids, acids, and physical or chemical exfoliation — for 24 to 48 hours, or longer if your skin still feels sensitive.
- You may use a gentle moisturizer if the skin feels dry, unless you have been given other directions.

## Time between sessions

Keep the recommended gap between sessions. EliteCryo will advise you on an appropriate interval for your treatment plan. Do not schedule more frequent sessions on your own.

## Important disclaimer

These instructions are general aftercare guidance for localized cryotherapy and are not medical advice. They are not a substitute for care from a licensed clinician. Follow your physician's guidance, especially if you have a medical condition, take medication, or have been told that cold therapy may not be appropriate for you. If anything in these instructions conflicts with advice from your physician, follow your physician.