

## Guide for Freeze Times and Treatment Assessment

Select an applicator based on the size and location of the lesion being treated. Foam Tipped Applicators should be used on the head, neck, bony surfaces, or hard to reach areas. Isolation Funnels should be used on fleshy tissue areas where a tight seal can be achieved, and should not be used on the head, neck, bony surfaces, or hard to reach areas. Skin Tag Tweezers may be used on pedunculated lesions, such as skin tags.

Lesion Size	Examples	Freeze Time	Thaw Time	Number of Treatments*
1mm-5mm	superficial wart, small or thin skin tag, small lesions in sensitive thin skin, or bony areas such as face/mouth/eyes/genitals/anus, etc.	20-30 Seconds	40 Seconds	1-2
6mm-10mm	medium size and thickness wart, skin tag, etc.	30-40 Seconds	40 Seconds	2
11mm-16mm	Large, thick, or calloused lesions (plantar warts), thick skin areas of the body, such as feet, etc.	40 Seconds	40 Seconds	2-3

- These are only suggestions, and with time and experience you will gain confidence as to which lesions will need longer freeze times and multiple treatments and are not intended to replace any formal medical training. Professional discretion should be used to determine if treatment with cryosurgery is appropriate for each patient and lesion. If required, biopsies should be performed prior to freezing.
- As with any type of cryosurgery, the amount of cryogen needed for each treatment will vary depending on the size, location and thickness of the lesion being treated. Larger, thicker lesions will have a longer freeze time than smaller, more superficial lesions, and will require a heavier application of cryogen. Thin skin lesions usually require less cryogen. Be sure to monitor the ice ball thaw time for maximum results, and DO NOT TOUCH the frozen lesion for at least 40 seconds after freezing.
- \*Multiple treatments may be performed consecutively in the same visit, but are usually only recommended for larger, thicker lesions, and a thaw time of 40 seconds should be allowed between each treatment (Freeze-Thaw-Freeze Process). Always under-treat versus over treat, as the lesion can always be treated again in a few weeks at patient follow up if needed.
- Do not use on open, bleeding wounds.