

RECOMMENDED FREEZE TIMES

“Freeze Time” refers to how long cryogen is in direct contact with lesion—not how long to spray cryogen. Cryogen should only be dispensed, or sprayed, for a **maximum of 3–6 seconds**.

15_s

Actinic Keratoses (Facial)
Lentigo (Facial)

20_s

Molluscum Contagiosum
Verruca Plana (Flat Warts)

40_s

Acrochordon (Skin Tags)
Actinic Keratosis (Non-Facial)
Condyloma Acuminata (Genital Warts)
Lentigo (Non-Facial)
Seborrheic Keratosis
Verruca Plantaris (Plantar Warts)
Verruca Vulgaris (Common Warts)

GENERAL GUIDELINES

- As with all cryosurgery, the amount of cryogen needed for treatment will vary depending on the size, location, and type of lesion being treated. Larger lesions ($\geq 6\text{mm}$) typically require a longer freeze time (up to 40 seconds) than smaller, more superficial lesions.
- Reduce freeze time when treating lesions on thin skin or sensitive areas, such as the face, eyes, ears, genitals, or extremities (max. 15–20 seconds).
- Multiple treatments may be performed consecutively in the same visit, but are usually only recommended for thick or resistant lesions, such as plantar warts. Always ensure a thaw time of 40 seconds between each treatment.
- If ever in doubt, always under-treat versus over-treat. The lesion may be re-evaluated and treated again in 1–2 weeks.