

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**.

LESION SIZE	FREEZE TIME	TREATMENTS
1–5mm	20–30 seconds	1–2
6mm+	30 seconds	2–3

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 as well as skin thickness. Larger lesions ($\geq 6\text{mm}$) typically require a longer freeze time (up to 30 seconds) than smaller, more superficial lesions.
- Reduce freeze time when treating lesions on thin skin or sensitive areas, such as the face, eyes, ears, or genitals (max. 20–25 seconds).
- Large, thick or calloused lesions often require more than one treatment per visit. For lesions greater than 5mm in size and/or located in a thick skin area, up to 3 treatments may be performed in the initial visit. 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.