



R. SCOTT PETERSON, PhD

Innovation is a driving force in medicine, and nowhere more so than in aesthetic medicine. Patients today want the best results with the least downtime and discomfort. Injectable fillers, neurotoxins, and energy-based devices continue to grow in popularity, because they meet these criteria—offering notable results with less downtime than surgery.

There remain plenty of aesthetic concerns for which an optimal intervention has been elusive. Consider pigmented spots on the face, hands, and other body areas. These regions of discoloration are often displeasing to patients, who aim to remove them. Energy-based devices can be limited in accuracy at targeting some lesions, and excision is rarely an option, due to risk of scarring. Topical prescriptions can help to minimize discoloration *over time*. Liquid nitrogen, a gold standard used to complement laser modalities and topical treatments for discolored spots, can also pose risks for scarring and various types of skin discoloration.

Enter SkinCeuticals, with yet another innovation in superficially-directed skin interventions. The innovative, FDA-cleared class II new CryoCorrect PRECISION™ cryotherapy device uses compressed carbon dioxide (CO₂) to target lesions. Our first in-office treatment is intended to address superficial lesions, with less risk of permanent discoloration or scarring.

Treatment is quick and convenient—for patients and physicians. There is minimal discomfort during the treatment, and limited-to-no downtime. For the patient's long-term skin benefit, SkinCeuticals' topical skincare can be used soon after treatment. Patients can add topical formulas to their regimen right away to help repair and protect the skin's appearance.

CryoCorrect PRECISION™ has been clinically tested and shown to reduce the size and intensity of dark spots by 73 percent and 79 percent, respectively, at six weeks. Skin tags were reduced 98 percent in length and 97 percent in width at four weeks.

We are proud to introduce CryoCorrect PRECISION™ into aesthetic practices. It is a first-of-its kind product that, at the same time, fits the philosophy we have always had in our partnership with physicians: efficacy, convenience, and elegance—backed by science.

CRYOCORRECT PRECISION™: A NON-INVASIVE, IN-OFFICE TREATMENT FOR EFFECTIVE SPOT REMOVAL

HOW IS CRYOTHERAPY USED FOR NON-MALIGNANT CUTANEOUS CONCERNS?

Julie K. Karen, MD: Cryotherapy, often known as cryosurgery, refers specifically to the application of extremely cold temperatures to the skin. It's intended to cause local cell or tissue destruction in a particular targeted lesion.

Three major cryogens are commonly utilized: liquid nitrogen, nitrous oxide, and carbon dioxide (CO₂). Liquid nitrogen, which is the coldest of these substances, has been used since the turn of the last century. It is effective at destroying local tissue because of its very cold temperatures. As such, it can very effectively destroy thicker lesions. It's been used for years for plantar warts and for seborrheic keratoses, which are arguably the most common benign growth of the skin. Freezing the skin to a very low temperature does carry a host of risks, mainly discoloration; it destroys melanocytes, leading possibly to permanent discoloration. Although it can be used gingerly and in expert hands, liquid nitrogen is an imperfect cryogen.

Nitrous oxide is intermediate. It's not quite as cold. I am unaware of many dermatologists that use it regularly, whereas liquid nitrogen is present in every dermatology practice. Nitrous oxide carries some risk of discoloration, due to its extreme temperature relative to CO₂.

The CryoCorrect PRECISION™, which is SkinCeuticals' first in-office medical treatment device, utilizes compressed carbon dioxide. Compressed carbon dioxide has a higher boiling point and can freeze tissue at milder temperatures compared to liquid nitrogen or nitrous oxide. When correctly administered to the skin, it can destroy superficial lesions, with minimal risk of causing permanent discoloration.

The SkinCeuticals CryoCorrect PRECISION™ Treatment could be useful to target seborrheic keratoses (SK), which are common and very aesthetically concerning growths. SKs can be flat, slightly textured, often brown, growths over the body. It can also be used to treat solar lentingines, skin tags, and small seborrheic keratoses.

IS THERE A ROLE FOR THE SKINCEUTICALS CRYOCORRECT PRECISION™ TREATMENT IN PRACTICES THAT HAVE ENERGY-BASED DEVICES?

Dr. Karen: In some offices that don't have a laser, the CryoCorrect PRECISION™ Treatment can achieve some of what lasers can do.

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Lasers can effectively treat solar lentigines, which commonly occur in cosmetically sensitive areas, like the face, and the back of the hands, but you can very effectively treat the same lesions with the CryoCorrect PRECISION™ device. Alternatively, if a patient can't afford a laser treatment, CryoCorrect PRECISION™ will be much more affordable for the patient.

There are certain anatomic areas that are difficult to treat with laser for various reasons, creating an obvious role for the CryoCorrect PRECISION™ Treatment. Light-based devices target solar lentigos via pigment. However, if the lesion is on or near hair-bearing skin, pigmented hair can also absorb that energy, causing injury to the hair follicle. Lesions that are located around the eyebrows, for example, may be best treated with CryoCorrect PRECISION™ than with certain lasers.

For me, what makes the CryoCorrect Treatment a game changer is its utility in treating ubiquitous, flat SKs. I see these in so many of my patients of all skin types, starting with people in their 20s and 30s and then increasing in frequency as we age.

I had been turning patients with SK away saying, "Your options are to scrape it off, which is going to leave a scar. We could try cryotherapy with liquid nitrogen, but you might get permanent discoloration." Now we actually have an option that is designed to treat these in a very elegant and efficient way.

HOW WILL YOU USE CRYOCORRECT PRECISION™ IN YOUR PRACTICE?

Dr. Karen: Assuming that the patient has had a full skin check, the target lesion is properly identified as benign, and any malignancy has been ruled out, ideal lesions to treat with CryoCorrect PRECISION™ are relatively thin—less than one millimeter in thickness—pigmented and potentially slightly scaly, small growths.

The CryoCorrect PRECISION™ treatment is "color blind," so it can be used to treat very lightly or even non-pigmented SKs. Lasers generally are not effective for lightly pigmented or low-contrast lesions, due to lack of pigment to absorb the laser energy.

It's worth noting, however, that although this device can probably be used in most skin types, it is recommended that patients with darker skin types should have a patch test in an inconspicuous area before treating multiple lesions.

WHAT IS TREATMENT LIKE FOR THE PATIENT? WHAT IS THE POST-TREATMENT REGIMEN?

Dr. Karen: The hand-held device is small and could literally be carried in a doctor's white coat or maintained at a nurse's station. Application is simple. The device is directed at the lesion, a few millimeters above the skin. The lesion is "painted" with cold spray for on average five to six seconds. Typically, unless it's a very tiny or very thin lesion, two "paint" cycles will be applied. During those five to six seconds of application, the patient will experience mild stinging. Then the lesion is allowed to thaw between cycles.

There's no post-operative discomfort. No blistering typically occurs. However, we recommend post-therapy skin care to enhance the elegant outcome. After CryoCorrect PRECISION™ Treatment a small, superficial scab or crust develops over the entire lesion and lasts anywhere from seven to 14 days.

We advise patients to apply immediately afterwards and through the seven to 30-day healing stage—and often beyond—Phloretin CF® (SkinCeuticals). The specialized antioxidant formula has been shown to improve the appearance of pigmentation, skin texture and tone, and also provides powerful free radical protection against atmospheric aging. Phloretin CF® can act in conjunction with sunscreen. SkinCeuticals Sheer Physical sunscreen applied right on top will protect the area from any sun exposure that the patient may get, and prevent skin darkening during the recovery phase. ■



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CRYOCORRECT PRECISION™

The SkinCeuticals CryoCorrect PRECISION™ treatment is a non-invasive in-office treatment that uses a precise flow of carbon dioxide (CO₂) to gently freeze away unwanted age spots, sun spots, and skin tags on the face, hands and body in as little as one treatment. Visible improvement can be seen as early as 4 weeks with healthy skin appearing from week 4-12.

At 4 weeks:

- 96% of patients saw complete remove of a skin tag

At 6 weeks:

- 98% of patients showed improvement in dark spot intensity
- 86% of patients showed improvement in dark spot size



PROTOCOL: 4–6 week study, on 72 women, ages 35–65, Fitzpatrick I–III. Subjects were divided into two cells depending on the skin lesion, dark spot (hand or face) or skin tag (body). Subjects received one treatment from the CryoCorrect PRECISION™ device to the skin lesion from a medical professional. Subjects applied Phloretin CF® once daily to the investigated area for 4 or 6 weeks depending on the cell.