

The Versatility of Cryotherapy

By Cindy J. Papp, Contributing Editor

With more patients seeking aesthetic rejuvenation treatments like intense pulsed light (IPL) and cosmetic injectables, aesthetic physicians are seeking ways for greater patient comfort and satisfaction. The Zimmer Cryo systems from Zimmer MedizinSystems (Irvine, Calif.) assist with topical anesthesia as well as reduction of pain that may accompany aesthetic procedures and minimize thermal injury during laser treatments.

The advantages of streamlined treatment times, combined with the ability to monitor patient safety during any procedure, increases the benefits for aesthetic practitioners. To Emil A. Tanghetti, MD, medical director of the Center for Dermatology and Laser Surgery in Sacramento, Calif., “The beauty of the Zimmer Cryo device is that we are able to obtain constant cooling over an extended period of time. We are also able to use it with a thermal camera, which permits us to see the target and monitor the treatment as we’re doing it.”



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Jeffrey A. Hunt, DO, medical director of the Vein & Cosmetic Center of Tampa Bay (Tampa, Fla.), uses the device to minimize pain, but has found it has other benefits that affect patient throughput and satisfaction. “The cold vasoconstriction decreases the feel of the needle and is great for reducing pain associated with laser treatments. We even offer Cryo during sclerotherapy to decrease injection pain, and the adjustable air flow and spot size make it tailorable to our procedures to minimize bruising and reduce discomfort,” he explained.



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With numerous applications, the Zimmer Cryo is an essential device for many practices, and for good reason. According to Patrick Bitter, Jr., MD, of Advanced Aesthetic Dermatology in Los Gatos, Calif., “The Cryo systems provide a powerful blast of air in a direct stream and prechill the treatment area before a cosmetic injectable. We use it with almost every laser treatment. In my practice, it is essential for patient comfort.”



Patrick Bitter, Jr., MD
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The Zimmer Cryo is easy to operate with a laser handpiece that can be held by the physician or the patient. A handpiece

adapter streamlines the cold air and directs it onto localized treatment areas, which can cool to -30° C in less than 30 seconds. The unit even provides a storage area for IPL laser systems or smoke evacuators for convenience and functionality. Minimal consumption costs translate to even greater return on investment (ROI) for any aesthetic practice.

While training aesthetic physicians to use the BBL laser from Sciton, Dr. Bitter requires a Zimmer Cryo device as part of the demonstration. Not only does it help doctors provide a more aggressive treatment, but it can build confidence for those learning to use a new laser device. “It has made the treatment safer and allows us to use higher settings to obtain results for patients with greater comfort, while reducing potential complications,” he reported.

As aesthetic treatments are becoming more competitive, the Zimmer Cryo stands out for its minimal consumption and superior functionality. “The ROI is all about how to integrate it into your practice and keep your patients comfortable so they are not put off by unpleasantness associated with treatment,” Dr. Tanghetti stated.

The ability to provide outstanding service can give any aesthetic practice that extra edge, according to Dr. Hunt. “When the patient experience and outcome are improved with the Zimmer units, it can only increase repeat visits, referrals and ROI.”



Dr. Tanghetti says the Zimmer Cryo devices stand out for their plethora of benefits, including minimal consumption and superior functionality, constant cooling over an extended period of time, as well as the ability to target and monitor the treatment as he's doing it.