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## Versatile Cooling Device Works with Many Modalities

The Cryo 7 (Zimmer MedizinSystems, Irvine, Calif.) is an advanced skin cooling system designed to minimize risk of injury during dermatological treatments. The device operates by blowing cold air onto the skin surface, with nine fan speeds that allow operators to customize the intensity of the cooling. This provides temporary topical anesthetic relief during laser resurfacing and other energy-based skin treatments, facial cryotherapy, chemical peels, tattoo and laser hair removal, and neurotoxin, filler, PRP, and other injections. Unlike other cooling methods, such as contact cooling, cryogen spray, and ice packs, the Cryo system can cool the epidermis before, during, and after the application of energy to the skin, which helps to reduce patient pain and also prevents thermal injury. In addition to accurately directing the air stream over the treatment area, the system also features an optional articulated arm for hands-free use.

With the recent introduction of the Cryo 7 model, Zimmer MedizinSystems has piqued the interest and enthusiasm of its loyal user base, eager to explore the device's enhanced features. "I've been using Cryo for several years now, from the Cryo 6 and now the new Cryo 7," said Ricardo Mejia, M.D., FAAD, a dermatologist in Jupiter, Fla. "Our practice's philosophy is to wow our patients with comfort, and anything I can do to make treatments pain free or more comfortable is a high priority. That's where the Cryo 7 comes in. It works so well as an adjunct to many procedures that use thermal energy. We use it with a wide range of



Ricardo Mejia, M.D., FAAD

procedures, including IPL, laser and radiofrequency-based procedures, microneedling, hair procedures, photodynamic therapy, blue light, and much more. It is a reliable unit that provides safe and effective cooling, and helps to reduce discomfort during any type of skin treatment.”

Monika Kiripolsky, M.D., a dermatologist and cosmetic surgeon in Beverly Hills, Calif., uses the Cryo system in conjunction with tattoo removal, chemical peels, IPL and energy-based treatments, such as CO2, vascular and picosecond lasers. “The cooling minimizes pain and thermal damage, lowers the risk of burns during laser treatments, reduces swelling and redness, and increases patient safety and comfort. Also, by delivering cool air at a constant temperature, we can safely achieve overall results faster, because it allows us to safely increase the amount of energy delivered to the skin during treatment.”

When considering his first Cryo purchase years ago, Dr. Mejia said, “At first, I hesitated to invest in it because I really didn’t think I needed it. But now patients are actually demanding it, especially when they’ve had it before. It provides significant patient comfort, which has made a difference in my practice as far as patient care, as well as helping to generate repeat business. And the Cryo 7 is definitely an improved version. It’s quieter than the Cryo 6. We like the longer hose, which makes a difference in the ease of movement. The temperature seems to get colder, too. The large touchscreen is user friendly and easy to navigate. Starting the cold-air treatment is as easy as a press of a single button.”



Monika Kiripolsky, M.D.

The Cryo series exemplifies Zimmer MedizinSystems’ commitment to superior medical engineering, noted Dr. Kiripolsky. “The company’s engineers continually refine and enhance the reliability of these cooling units. For example, I’ve been thrilled with every new Cryo unit that comes out. They’ve all been great, but I think the Cryo 7 offers significant improvements. For one, Zimmer MedizinSystems made it more compact, with a smaller footprint. This makes it easier to move from room to room. Every square foot is important because space is so limited in offices. Also, it comes with a tabletop tray where you can place your instruments and items that need to be within reach during procedures. Overall, the Cryo 7’s convenience factor is high.”

Cryo 7’s ease of use is superior, stated Dr. Mejia.

“Although the cooling treatment is easy to delegate to my staff, most times, patients like to hold the hose and self-direct the air flow themselves. If they feel heat or some discomfort, then they move the hose close or far away, as necessary to kind of ease off on it.”

“The system tricks the nerves into not feeling the pain as much,” said Dr. Kiripolsky. “It makes procedures more tolerable and protects the upper-level layer of the epidermis. When I moved to a new office, I went without one for a few months, and some of my patients became really frustrated. For example, one patient was getting a laser tattoo removal procedure when he sat up in the chair and said, ‘When are you getting that cold air machine again?’ Patients really love it, and I get a ton of use out of it. Every clinic should have one. I’ve never once regretted buying it. It is solid and doesn’t fall apart like some devices. The company’s customer service is really great, too. I’ve had a wonderful experience working with Zimmer MedizinSystems all these years.”

Concluded Dr. Mejia, “In an era where many medical devices are designed with limited longevity, Zimmer MedizinSystems devices stand out for their consistent performance and long-term durability. These units are a testament to both the company’s rigorous standards and the expertise of its developers.”

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