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# Aesthetic Insights™

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## KOLs Praise State-of-the-Art Cryogenic Device

The Cryo 7 (Zimmer MedizinSystems, Irvine, Calif.) is the latest version of the line of FDA-cleared cryogenic systems that work to minimize patient pain and thermal injury during aesthetic and dermatological treatments. This “chiller” device offers many upgraded features, including cold air delivery as low as  $-30^{\circ}\text{C}$ , new system software providing up to 100 custom program settings via a large touchscreen, a new ergonomic design and smaller footprint compared with earlier versions, quieter operation, and a standby mode for reduced energy costs. “The Cryo 7 is an integral part of my practice,” stated Jason Pozner, M.D., F.A.C.S., a plastic surgeon in Boca Raton, Fla. “Pretty much every treatment room has one. We use the device with a lot of different procedures — as an adjunctive treatment with every laser procedure, and for some injectables patients because it gives them a little extra anesthesia. The improvements in the Cryo 7 are many, such as a longer hose, increased energy savings, and different tweaks for how air is circulated in the system. It’s a nice upgrade that really strengthens the technology.”

According to Michael D. Mirmanesh, M.D., a plastic surgeon in Voorhees, N.J., “The Cryo 7 has been terrific. I also use the Cryo 6 and the Cryo Mini. The Cryo 7 gets colder than earlier versions, which makes it safer for the skin during light- and laser-based procedures. In those cases, it is important to keep the epidermis and top layers of the skin super cold, in order to allow light energy to penetrate to the appropriate depth, and to give us the clinical results we desire. All too often, practitioners will



Michael D. Mirmanesh, M.D

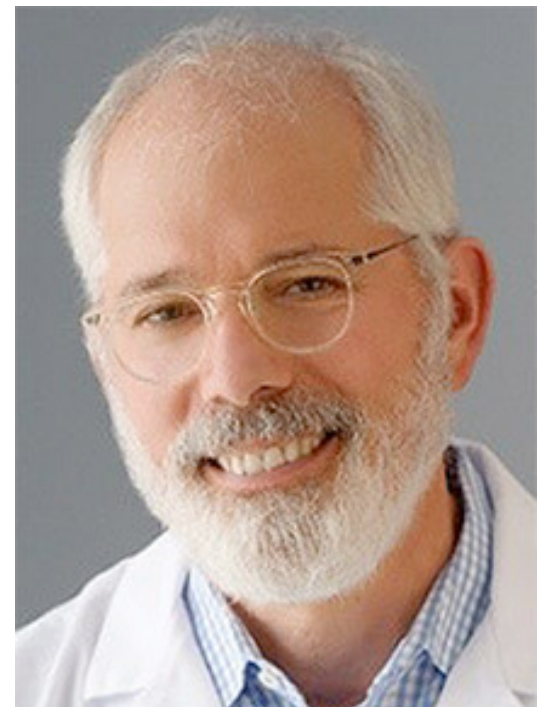
under-power their lasers or IPL devices because they're so worried about burning people. However, by under-powering, they get fewer effective results. That's why so many patients that get an IPL treatment say they saw no improvement. People come to our practice to get excellent results after a single treatment, which they haven't been able to get at other places. Part of our 'secret sauce' is keeping the skin very cool while we're delivering light or laser energies. Keeping skin colder is where the Cryo 7 excels. It makes those clinical results better, our patients happier, and our practice more successful."

In developing the Cryo 7, the company listened closely to what their customers wanted in an upgrade, stated Jeffrey Lyons, Director, Cryo Business Unit for Zimmer MedizinSystems. "We have over 60,000 Cryo systems globally, and providers tell us the systems are effective and easy-to-use, with limited maintenance. The Cryo 7 comes with the high performance and versatility physicians come to expect with our units. Feedback from Cryo 7 users includes praise for the better overall footprint, which is taller and narrower, making it fit better in treatment rooms; the energy savings mode; and the spring arm with a larger, longer hose. Also, there is a pivot point where the hose meets the unit, so in case you are boxed into a small area, you can pivot this connector and get a bit more use of the spring arm and the hose. It's also a quieter unit, and has a new therapy fan offering nine speeds where earlier versions offered six."

"They do listen to us," noted Emil A. Tanghetti, M.D., a dermatologist in Sacramento, Calif. "We use multiple Cryos in our office and they get a workout. We use them all day long. They are so much more sophisticated than anything else on the market."

Perhaps the most prominent feature is the improved user interface. "The software is a major upgrade that makes the Cryo almost like an entirely unique device," said Dr. Mirmanesh. "The touchscreen allows you to select the exact treatment duration you want, the type of treatment you're doing, how cold the air is going to get delivered, and you can recall previously saved settings. It's more user-friendly."

Equally important is the Cryo 7's built-in energy efficiency, expressed Mr. Lyons. "When compared with other cooling methods out there, the Cryo units are very efficient. This is an electricity-based, closed-loop refrigeration system. There is no consumable involved. It runs off of 110 volts. The standby feature



Emil A. Tanghetti, M.D.

recognizes when the unit is not in use for a period. It won't shut down, but it will go into an idle stage."

Added Dr. Mirmanesh, "We notice the idle mode but for us, the Cryo 7 is on a lot during the day. We have little down time when it is not actively blowing air. What we notice more is the start-up time with the Cryo 7. Startup is very fast and it keeps going without needing a breather. But with the Cryo 7, that is not a problem."

Ultimately, the Cryo 7 gets constant use because, as noted by Dr. Tanghetti, "It helps our patients immensely. We use the device following energy-based, thermal procedures to provide them with some comfort and something of a distraction, as well. It comforts as it cools, but it also provides an alternative stimulation, so their pain becomes less focused, less of an issue. The Cryos are very important to us. There are many instances when the patient holds the hose directly on their skin, in order to lessen discomfort during some of those procedures."

With laser-based and photodynamic procedures, "Some of them have to run hot on the skin," said Dr. Pozner. "So, what we do is give the patient the hose for a few minutes and they can direct the cool air themselves. This provides a distraction and many patients like to get involved in controlling the pain, and we allow them to cool themselves down after the procedures."

The Cryo 7 "is one of those devices that every aesthetic practice needs," he added. "They are very easy to maintain. It's not like a lot of technologies that we have to keep replacing all the time. The company is very responsive. They are easy to work with. Whenever I've needed them, they are there. But the units hardly need any repairs. They just keep going. It's one of those devices that you don't really talk about, but you really can't do without."

"When dealing with devices in a clinical situation, you need consistency and reliability," concluded Dr. Tanghetti. "That describes the Cryo 7 completely. The engineering and longevity of these devices speaks volumes about the quality. With the Cryo 7, they've created a more modern interface on a platform that we know is very reliable. With the new and upgraded features, it is a very essential tool you can count on every day. Our units are every day workhorses. And the reliability is just stellar. The Cryo 7 is the latest version of a long line of cryogenic devices that first appeared on the market 24 years ago. We still use the first Cryo unit ever released. It's been with us since the early 2000s and it still works. That speaks a lot. There are very few devices that can do that."

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