

# Cooling Device Minimizes Pain, Increases Patient Satisfaction

*By Cindy J. Papp, Contributing Editor*

Aesthetic physicians and practitioners are always looking for ways to increase patient comfort while reducing procedural risks. Many rely on Zimmer MedizinSystems' (Irvine, Calif.) line of Cryo cold air chiller devices that come with a proven track record of comfort, reliability and durability.

These Cryo devices are easy to operate and can be used with laser resurfacing, injectables, chemical peels, and radiofrequency (RF) microneedling, hair and tattoo removal, and much more. Cryo 7 is the latest device to offer energy efficient skin cooling, featuring a large touchscreen and a longer hose for hard-to-reach areas. In addition, updated software allows for custom programs, which can be stored in the device settings.

Yan Duan, FNP, founder and CEO of Renew Aesthetic & Laser Clinic (Portland, Ore.) provides nonsurgical anti-aging treatments in her practice and is renowned for her gentle approach. "Our clinic has the Cryo 7 and Cryo 6 to accommodate our two locations in Portland," she noted. "Both devices are paired with laser and energy-based treatments. I like that the space-saving Cryo 7 is sleek, quiet and highly efficient."

According to Ms. Duan, most laser treatments involve multiple sessions and can be painful for patients. Cryo devices can help ensure that patients return to complete their treatments because they minimize pain, and also improve patient throughput and satisfaction. "All of our patients prefer having cryotherapy with their treatments and will reschedule if a Cryo device is not available," she added.

For board-certified dermatologist and cosmetic surgeon Monika Kiripolsky, MD (Beverly Hills, Calif.), the Cryo 7 is a staple in her practice. "I use it every day for multiple laser procedures, chemical peels, and photodynamic therapy to minimize patient discomfort and protect the upper layer of the epidermis," she advised.

Dr. Kiripolsky shared that she can safely increase the settings on laser treatments and the depth of chemical peels because the Cryo 7 minimizes pain and potential adverse events. "The Cryo devices ensure that many procedures are significantly more tolerable and safer," she reported. Not offering this cooling system to mitigate patient discomfort would be a disservice to my dear patients. It is worth every penny," she said.

*"All of our patients prefer having cryotherapy with their treatments and will reschedule if a Cryo device is not available."*

According to Joel Cohen, MD, director of AboutSkin Dermatology and DermSurgery (Denver, Colo.), Cryo devices are essential in mitigating pain and minimizing thermal injury during laser treatments. "My Cryo devices have been a key adjunct to many procedures in my office over the past two decades," he noted. "These systems help people cool after procedures, and with each new version, they get better and better in terms of settings and customizability.

Zimmer MedizinSysteme is a leader of cold air devices, having reported over 60,000 cryo systems sold globally. "The Cryo devices are durable and reliable, and I have had mine for 12 to 15 years," Dr. Cohen added. "I use them as a key component of my treatments because they truly allow the procedures to be tolerated with subsequent cooling."

With no consumables and no extra costs, physicians can make the most of each treatment with Zimmer MedizinSystems' Cryo devices, making these devices an integral part of any aesthetic practice.



**Yan Duan, FNP**  
Founder and CEO  
Renew Aesthetic &  
Laser Clinic  
Portland, OR



**Monika Kiripolsky, MD**  
Dermatologist and  
Cosmetic Surgeon  
Beverly Hills, CA



**Joel Cohen, MD**  
Director  
AboutSkin Dermatology  
and DermSurgery  
Denver, CO