

Heights Holistic Wellness LLC

926 Main Street, Suite 6, Billings MT 59105

Phone: 406-200-7089/C:406-647-5718/F:406-831-5424

Cryotherapy Consent Form

Patient Information:

- **Full Name:**

- **Date of Birth:** _____

- **Phone Number:** _____

- **Area to treat:** _____

Procedure:

Cryotherapy involves the application of extreme cold temperatures to specific areas of the body for therapeutic purposes. This is commonly used for reducing pain, inflammation, or removing unwanted tissue. The procedure can be performed locally (on specific areas) or as a whole-body treatment.

Purpose of Treatment:

The purpose of this treatment is to reduce pain, inflammation, or to address certain skin or tissue conditions by cooling the affected area to a temperature below freezing.

Procedure Description:

- The area to be treated will be exposed to extremely cold temperatures using specialized cryotherapy equipment.
- The treatment may last anywhere from a few minutes to up to 30 minutes depending on the area treated and the specific condition being addressed.
- You may experience sensations of intense cold, discomfort, or tingling during the procedure.

Possible Benefits:

- Reduced inflammation
- Enhanced circulation
- Pain relief
- Skin rejuvenation

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- Treatment of warts, skin lesions, and certain cancers (if applicable)

Potential Risks and Side Effects:

- Mild to severe discomfort or pain
- Skin redness or irritation
- Numbness or tingling sensation
- Blistering or frostbite in rare cases
- Hypothermia (if not done correctly or excessive exposure)
- Changes in skin pigmentation

Patient Responsibilities:

- Notify the healthcare provider if you have a history of skin sensitivity, cold-induced allergies, or other relevant medical conditions (e.g., Raynaud's disease, poor circulation).
- Follow aftercare instructions provided by the healthcare provider to minimize side effects.
- Immediately inform the provider if you feel any discomfort, excessive pain, or unusual reactions during or after the treatment.

Acknowledgment and Consent:

I acknowledge that I have been informed about the cryotherapy procedure, including its benefits, risks, and potential side effects. I understand that there are alternative treatments available, and I have had the opportunity to ask questions regarding the procedure.

I consent to undergo cryotherapy treatment under the guidance of trained professionals and agree to follow all necessary pre- and post-treatment care instructions.

I understand that results may vary, and while cryotherapy is generally safe, no guarantees or assurances have been made regarding the outcome of the treatment.

Patient Signature: _____

Date: _____

Provider's Signature: _____

Date: _____

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Cryotherapy is generally safe for most people, but there are certain **contraindications** (conditions where cryotherapy should be avoided or used with caution). Here are the key contraindications for cryotherapy:

1. Cold Sensitivity or Cold-Induced Allergies

- **Cold Urticaria:** This is a condition where hives or welts develop when the skin is exposed to cold temperatures.
- **Raynaud's Disease:** A disorder that affects blood flow to the fingers, toes, and other extremities in response to cold or stress, leading to discoloration, pain, and even tissue damage.
- **Cryoglobulinemia:** A rare condition where abnormal proteins in the blood become solid or gel-like in cold temperatures, leading to impaired circulation and potential organ damage.

2. Poor Circulation or Cardiovascular Issues

- **Peripheral Vascular Disease (PVD):** Poor circulation in the extremities can be worsened by extreme cold exposure, which can reduce blood flow to affected areas.
- **History of Stroke or Heart Attack:** Cryotherapy could potentially exacerbate conditions related to blood pressure or circulation.
- **Severe hypertension:** If someone has uncontrolled high blood pressure, the stress from extreme cold might negatively impact cardiovascular health.

3. Neurological Conditions

- **Numbness or Lack of Sensation:** Patients who already have impaired sensation in certain parts of their body (due to diabetes, neurological conditions, or injury) should avoid cryotherapy in those areas, as they may not be able to sense the degree of cold, leading to an increased risk of tissue damage.
- **Multiple Sclerosis (MS):** Some MS patients report worsened symptoms after exposure to extreme cold.

4. Pregnancy

- **Pregnancy:** Cryotherapy treatments, especially whole-body cryotherapy, should generally be avoided during pregnancy due to potential risks associated with extreme

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temperature fluctuations. Although localized cryotherapy (e.g., for skin conditions) may not be as risky, caution should be exercised.

5. Active Infection or Open Wounds

- **Infected or inflamed areas:** Cryotherapy should not be used on areas with active infections or open wounds, as the cold could potentially cause further tissue damage or interfere with healing.
- **Frostbite risk:** Cryotherapy should not be used over any area of the body that is already at risk of frostbite or has previously experienced frostbite.

6. Cancer (Certain Types)

- **Malignant Tumors:** Cryotherapy should be avoided in areas where there is a known active cancerous growth. While cryoablation can be used for some types of tumors, cryotherapy used for general pain relief or inflammation should be approached with caution in patients with cancer.
- **Metastatic Cancer:** In cases where cancer has spread, extreme cold could impact the body's immune response or cause adverse reactions in cancerous tissue.

7. Severe Skin Conditions

- **Eczema, Psoriasis, or Other Chronic Skin Conditions:** In some cases, extreme cold exposure could worsen certain skin conditions. Cryotherapy should be avoided on active flare-ups of these conditions.
- **Raynaud's Phenomenon:** This condition is associated with intermittent constriction of blood vessels in response to cold, leading to temporary color changes in the skin and decreased blood flow, which could worsen with cryotherapy.

8. Uncontrolled Medical Conditions

- **Uncontrolled Diabetes:** Individuals with uncontrolled diabetes should avoid cryotherapy, especially in the extremities, as they may have decreased sensation and are at higher risk for complications.
- **Uncontrolled Asthma:** Some people with asthma may experience adverse effects from cryotherapy, especially if they have respiratory sensitivity to cold.

9. Mental Health or Cognitive Disorders

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- **Impaired Cognitive Function:** If a person has a cognitive disorder (e.g., dementia or significant mental impairment), they may not be able to fully understand the risks or communicate effectively if they experience discomfort during the procedure.

10. Pregnancy or Breastfeeding (Specific Caution)

- While localized cryotherapy (on small areas of the body) is generally considered safe, whole-body cryotherapy is typically contraindicated during pregnancy or breastfeeding, as there's insufficient research on its safety during these times.

Patient Signature: _____

Date: _____

Provider's Signature: _____

Date: _____