

## Contact Telephone Numbers

If you have any problems, we normally advise you to contact your GP. However, we do understand that there are times when you may need to contact us.

**Ward 11B, Lister Hospital** ☎ 01438 284125

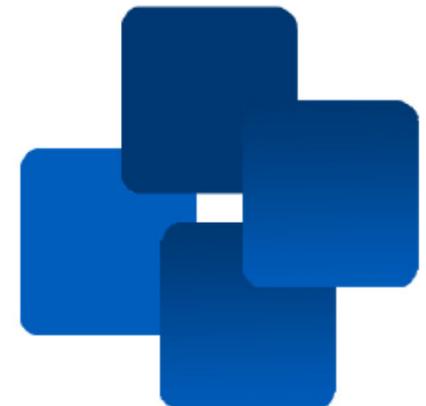
**Dressing Clinic, Level 11, Lister Hospital** ☎ 01438 284767  
(Monday to Friday, 8am - 4.30pm)

**11B Minor Operations Department** ☎ 01438 284527  
(Monday to Friday, 8am - 4.30pm)

## Patient Information

# Cryotherapy Treatment

Department of Plastic Surgery



## Introduction

The purpose of this leaflet is to help you understand what cryotherapy treatment is, and the benefits and risks of this procedure.

## What is cryotherapy?

Cryotherapy is the use of an extremely cold liquid (liquid nitrogen), which is sprayed through a nozzle from a canister to form a very cold mist. This is used to treat skin lesions, such as warts and areas of sun damaged skin.

## How does cryotherapy work?

Cryotherapy delivers a carefully controlled cold burn to the area of skin to be treated. The inflammation caused by this should destroy the lesion over a short period of time, although some lesions will require more than one treatment.

Once the inflammation subsides (i.e. redness, hot and sometimes swollen with soreness), a small blister may form. This will dry up over the next few days and a small scab/crust should form, which will fall off in about a month, taking the lesion with it.

## The benefits of cryotherapy

- The treatment is quick and simple and can be done during your appointment in the outpatients clinic.
- Successful treatment may mean that no surgery will be required.

## The risks of cryotherapy

- Slight risk of infection.
- The lesion may not go completely, even after several treatment sessions.
- Once healed, the treated area may sometimes appear slightly lighter or darker than the surrounding skin.
- Very rarely a scar may form.

## Will the treatment be painful?

Patients usually only feel a very cold sensation, however this will depend on the sensitivity of the area being treated. Sensitive areas, such as the nose or ear may sting a little, but usually only for few seconds.

If your face is being treated you will be asked to close your eyes. Please keep your eyes closed until the doctor tells you to open them as the spray could cause damage to them.

The spray makes a noise when it is being used, just like an aerosol spray, but there is no need for alarm.

After treatment the area is left uncovered and you may return home straight away.

## Aftercare

Ideally the area that has been treated should be kept dry but do not worry if it does get wet – just pat it dry gently with a clean towel.

Do not cover the area or use products on it, i.e. soap, creams etc., whilst it is healing. However, once healed you may use an unperfumed cream, such as E45, to massage the area.

## Important information

It is important to contact your GP, or the Dressing Clinic on Ward 11B, to let them know if:

- you have undue pain or discomfort;
- you have increased redness;
- further blistering occurs after a few days;
- the lesion/treated area does not dry up.

## Questions

If you have any other questions that have not been answered by this leaflet, please ask a member of staff at the clinic.