



PATIENT INFORMATION: CRYOTHERAPY

PURPOSE

Cryotherapy is the technical name for using liquid nitrogen to treat small skin lesions such as warts, skin tags and sun damaged areas.

PROCESS

Liquid nitrogen is very cold and will freeze any living tissue it comes into contact with. It is applied to the area using padded cotton wool buds and held in place for between 5 and 10 seconds. The treatment often has to be repeated several times over a few weeks depending on the lesion being treated. Verrucas and warts usually need more treatment than skin tags and sun damage.

RISKS AND SIDE EFFECTS

Treatment can be painful, and this can last for 5 to 10 minutes and gradually improves. Redness, slight swelling and blistering after treatment is common, and the blister can be clear fluid or blood stained. Scabs and crusts can occur following blistering and healing usually takes 7 to 10 days.

Infection is a possibility. A treated area that becomes weepy and sore could be infected and you will need to come back to the medical centre for advice.

The area that has been treated can sometimes be lighter in colour when it heals and this can be a permanent scar.

AFTER CARE

Keep the area clean.

If it is painful take paracetamol. Adults can take 1gm 6 hourly.

Children doses depend on age and can be calculated for you.

COST

The initial charge for Cryotherapy is usually the normal consultation fee plus the cost of the liquid nitrogen, per application. It is usually \$8 for a simple/single area of treatment and this increases for more complex/multiple areas. If you are unsure or have any concerns about the charge, please discuss this with the Doctor or Nurse before you have the procedure done.