

# CRYOTHERAPY

Cryotherapy is a treatment using liquid nitrogen to remove skin lumps by freezing them. Warts, verrucas, skin tags and other skin lumps are suitable for treating with liquid nitrogen. Sometimes a wart or verruca needs 2 or 3 treatments before it clears.

## **What To Expect**

Liquid nitrogen is extremely cold. When sprayed on the skin the top skin layer rapidly freezes. When you leave the medical centre, the freezing site will probably be red and swollen, and it may sting and itch as it thaws. Expect the site to look worse over the next few days before it gets better. Swelling and/or blistering often develop within a couple of hours after treatment. 2-3 days after treatment a scab will probably form which will then take 7-10 days to fall off, leaving a pink smooth area.

## **Site Care:**

1. The treatment site may get wet with normal bathing and showering.
2. If a blister or scab forms, do not remove it, but allow it to heal on its own.
3. If crusting develops, cleanse gently with soap and water and apply a thin layer of Vaseline twice daily.

## **What are the risks of having cryotherapy?**

You may have pain while the liquid nitrogen is applied and afterwards. The treated skin may become red and swollen. You may develop a blister(common), scar(rare), or an open sore at the treatment area. Cryotherapy may also cause your treated skin to lighten as it can damage pigment cells. Ask your doctor if you are worried or have questions about your procedure, or care.

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## **Consent**

I, \_\_\_\_\_

Agree to undergo cryotherapy. I have read the information leaflet and understand the nature and purpose of the treatment. I have discussed any concerns or uncertainties with my doctor.

Signature \_\_\_\_\_ Date \_\_\_\_\_

I confirm I have explained the nature and purpose of this treatment to the person who signed the above consent

Signature \_\_\_\_\_ Date \_\_\_\_\_