COPPULL MEDICAL PRACTICE

**CRYOTHERAPY PATIENT INFORMATION LEAFLET**

**What is Cryotherapy?**

Cryotherapy is a controlled use of cold temperature (liquid nitrogen) to destroy some skin lesions e.g warts and verrucae. It is a simple and effective treatment and often one visit is all that is needed.

**What happens during the treatment?**

The doctor will use a tip attached to a canister of liquid nitrogen to target each individual lesion. Each lesion is frozen for a few seconds/minutes. This is repeated for each lesion.

**Will it be painful?**

Most patients find the treatment a little uncomfortable. They often describe it as a stinging sensation while the lesion is covered in ice.

**How long does the treatment take to work?**

This can vary depending on the size of the lesion and whether several treatments are needed.

**Are there any risks to the treatment?**

The treated area can be sore for a few days. There is usually no scarring from this treatment, although there may be some colour change of the skin in the treated area. This usually clears within a few months although it can take longer for patients of Asian or Afro-Caribbean decent.

**What can I expect following treatment?**

Some patients have some mild symptoms in the first few days following treatment, these may include:

* Gentle throbbing around the treated area
* Mild swelling and redness around the treated area
* Tenderness
* The area may become red and swollen and a blister containing clear or blood fluid may occur

If you have these symptoms you can:

* Take a mild painkiller i.e Paracetamol
* Wear loose fitting garments
* Take a lukewarm bath or shower
* Keep the area clean and dry
* If a blister becomes uncomfortable, it may be burst with a sterilised needle. In this case,, the loose skin should be left intact and the area washed with warm soapy water daily and then dried.

Complete healing takes 1-3 weeks, or longer if the treated area is very large.

**Points to remember**

* Do not use creams or lotions on the area, unless you have been advised to do so by a Clinician
* Keep the are clean and dry
* If you have any worries following your treatment please telephone the practice for advice

**Please note patients under the age of 16 years must be accompanied by a parent or guardian**