

# Cryotherapy

## Dermatology Department

**Cryotherapy is the treatment of skin abnormalities by freezing.**

The skin is frozen briefly with a very cold substance called liquid nitrogen. This is usually applied to the skin using a spray gun, but a cotton bud can sometimes be used instead. This is usually done during a visit to the outpatient clinic. The procedure lasts a matter of seconds and is sometimes repeated after the skin has thawed out.

The treatment causes a cold burn and the skin will feel sore during and after the treatment. The skin will become red and swollen afterwards. If the area is very painful after treatment paracetamol may help. You can wash as normal and then just pat the area gently dry.

You may develop a water or blood filled blister. This may be left intact and will gradually settle (only if a blister was very uncomfortable would it be necessary to puncture it using a sterile needle and then cover the area with a dry dressing or sticking plaster for a few days).

After a few days the area may begin to crust or scale. The crust or scale will gradually fall off and this will take a further week or so. It is important not to pick at the scab at this stage as this will encourage scarring. Occasionally, cryotherapy can leave a slight scar or an area of decreased or increased pigmentation afterwards.

Vaseline can be gently rubbed in to the scab if necessary. Do not apply any other preparation to the area within a week of treatment unless instructed by your doctor.

### Contact Details

If you need further advice please contact the Dermatology Secretaries or the Adviceline:

Dr O'Gorman-Lalor / Dr Christie / Dr Keragala	01932 722234
Dr Barkham / Dr Chandrakumar / Dr Krol	01932 723720
Dr Scott / Dr Imran	01932 726667
Dr Vaughan Jones	01932 723811
Dermatology Nurse Adviceline	01932 722298
Natalie Greenprestige / Alex Savage (skin cancer nurses)	01932 726856

If you have any queries regarding the contents of this leaflet please contact the dermatology department on 01932 722234.

## Further Information

We endeavor to provide an excellent service at all times, but should you have any concerns please, in the first instance, raise these with the Matron, Senior Nurse or Manager on duty. If they cannot resolve your concern, please contact our Patient Experience Team on 01932 723553 or email [asp-tr.patient.advice@nhs.net](mailto:asp-tr.patient.advice@nhs.net). If you remain concerned, the team can also advise upon how to make a formal complaint.

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**We can provide interpreters for a variety of languages, information in larger print or other formats (e.g. audio) - please call us on 01932 723553.**



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আপনার অনুবাদের দরকার হলে এখানে যোগাযোগ করুন : 01932 723553

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यदि आपको अनुवाद की ज़रूरत है तो कृपया इस नंबर पर फोन करें: 01932 723553

اگر آپ اس کا اردو زبان میں ترجمہ چاہتے ہیں، تو براؤزر میں اس فون نمبر 01932 723553 پر رابطہ کریں

Jeżeli chcemy, aby te informacje w innym języku, proszę zadzwonić 01932 723553

Se precisa de uma tradução por favor contacte: 01932 723553

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