

# Department of Plastic and Reconstructive Surgery

## Cryotherapy

### What is cryotherapy?

**Cryotherapy** is the treatment of skin conditions by freezing. A carefully controlled amount of liquid nitrogen is sprayed onto a small area of the skin causing the targeted cells to freeze and die.

Warts, veruccas, skin tags, small fleshy growths and similar small 'lumps and bumps' on the skin are ideal for liquid nitrogen treatment.

The liquid nitrogen is usually applied for about 10 to 30 seconds. It feels cold, but most people find the discomfort quite bearable.

### The side effects of this treatment are:

- Cryotherapy may not completely destroy the abnormal cells. You will usually be reviewed three months after treatment to determine whether or not it has been successful.
- It is possible to damage healthy skin. This will cause blisters and/or scabs to form, which will take approximately two weeks to heal.

### After the treatment

- The area must be kept dry for two days.
- After treatment there will be redness and swelling of the treated area. The degree of swelling will depend on the site and the duration of freezing.
- If the area is very sore, paracetamol or a similar pain killer in the recommended dosage may be taken.
- The redness and swelling usually lasts for a few days. Sometimes a blister will form (blood in a blister is not sinister) just as with a burn. If this happens, keep the area clean. If necessary do this using a dry dressing. If the blister becomes uncomfortable, use a clean needle to release the fluid.
- A scab will form after a few days and will normally come off approximately ten days later. You should allow the scab to fall off naturally.
- If any change occurs that has not been covered by the above explanations, please contact the clinic.

### Contact details

**Clinic 7:** Plastics: 01223 216098, 08:00 – 18:00 or your general practitioner.



We are currently working towards a smoke free site. Smoking is only permitted in the designated smoking areas.

For advice and support in quitting, contact your GP or the free NHS stop smoking helpline on 0800 169 0 169

### Help with this leaflet:



If you would like this information in another language, large print or audio format, please ask the department to contact Patient Information: 01223 216032 or [patient.information@addenbrookes.nhs.uk](mailto:patient.information@addenbrookes.nhs.uk)

### Polish

Jeżeli chciałbyś uzyskać te informacje w innym języku, w dużej czcionce lub w formacie audio, poproś pracownika oddziału o kontakt z biurem Informacji Pacjenta (Patient Information) pod numerem telefonu: 01223 216032 lub pod adresem [patient.information@addenbrookes.nhs.uk](mailto:patient.information@addenbrookes.nhs.uk)

### Portuguese

Se precisar desta informação noutra língua, em impressão de letras grandes ou formato áudio, por favor peça ao departamento que contacte a secção de Informação aos Doentes (Patient Information) pelo telefone 01223 216032 ou através do e-mail [patient.information@addenbrookes.nhs.uk](mailto:patient.information@addenbrookes.nhs.uk)

### Arabic

إذا كنت تود الحصول على هذه المعلومات بلغة أخرى، بالأحرف الكبيرة أو بشكل شريط صوتي، يمكنك أن تطلب من القسم الاتصال بمعلومات المريض على الرقم: 01223216032 أو عبر البريد الإلكتروني: [patient.information@addenbrookes.nhs.uk](mailto:patient.information@addenbrookes.nhs.uk)

### Cantonese

如您需以另一語言版本、特大字體或錄音形式索取本資料，請要求部門聯絡病人諮詢服務：電話 01223 216032，電郵地址 [patient.information@addenbrookes.nhs.uk](mailto:patient.information@addenbrookes.nhs.uk)

### Turkish

Eğer bu bilgileri başka bir dilde veya büyük baskılı veya sesli olarak isterseniz, lütfen bulunduğunuz bölümdeki görevlilere söyleyin Hasta Bilgilendirme servisini arasinlar: 01223 216032 veya [patient.information@addenbrookes.nhs.uk](mailto:patient.information@addenbrookes.nhs.uk)

### Urdu

اگر آپ کو یہ معلومات کسی دیگر زبان میں، بڑے الفاظ میں یا آڈیو طریقہ سے درکار ہوں تو برائے مہربانی اس شعبہ سے پیشینٹ انفارمیشن سے ذیل کے ذریعہ رابطہ کرنے کی درخواست کریں: 01223 216032 یا [patient.information@addenbrookes.nhs.uk](mailto:patient.information@addenbrookes.nhs.uk)

### Bengali

আপনি যদি এই তথ্য অন্য কোন ভাষায়, বড় অক্ষরে বা অডিও রেকর্ডিং পেতে চান তাহলে 'প্যাশেন্ট ইনফরমেশান' এর সঙ্গে 01223 216032 নম্বরে ফোন করে বা [patient.information@addenbrookes.nhs.uk](mailto:patient.information@addenbrookes.nhs.uk) ঠিকানায় ই-মেইল করে যোগাযোগ করার জন্য ডিপার্টমেন্টটিতে অনুরোধ জানান।

## Document history

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Contact number	01223 245151
Publish/Review date	June 2010/June 2013
File name	Cryotherapy.doc
Version number/Ref	3/PIN1037