CRYOTHERAPY Information Sheet

Cryotherapy (Liquid nitrogen – also referred to as “Burn offs”, “dry ice”, “cold burn treatment”) is the treatment of skin lesions by freezing, using liquid nitrogen. The treatment works by freezing the lesion, leading to destruction of the area treated. You will get an immune reaction triggered by this inflammation which is important in order to clear the lesion. New skin will grow in from underneath and around the treated area. Success is variable. Sometimes it responds well with the first treatment, sometimes it takes several treatments and occasionally cryotherapy is unsuccessful.

**What to expect:**

During treatment: Stinging, burning and possibly itch.

Immediately after treatment: Redness, soreness and swelling.

Next day: Blister or blood blister and tenderness.

7 days: Scab will form. Apply Vaseline or antibacterial ointment if required.

2-4 weeks: Scab starts to peel off.

The most **common adverse effects** are: pain, swelling/blistering, potential for infection, and pale discolouration of the skin after it heals.

Return for a review with the doctor if any of the following occur:

* + Blister is cloudy or appears “infected”
  + The area around the treated area is red, swollen or inflamed and is (bigger than 50c piece)
  + Pain around treatment area is ongoing for longer than 2 days or it won’t get better even with simple pain relief like paracetamol.