

What is cryotherapy?

Cryotherapy is used to treat various skin conditions, including warts on the body and verrucae on the feet (both caused by versions of the human papilloma virus).

The treatment causes a skin irritation or a surface wound, through the application of liquid nitrogen which briefly freezes the skin. This is either by means of a fine spray to the area, or by applying liquid nitrogen directly using a probe or cotton bud tip. The treatment aims to trigger a response from your immune system, to this and all other warts or verrucae which you may have.

Application of liquid nitrogen onto the skin can be briefly uncomfortable, due to the extreme cold when the area is frozen. This is normal. The length of time of freezing will depend on the depth and size of verruca being treated, the duration being agreed between you and your clinician beforehand. Usually a 10 second freeze is agreed, though often shorter for initial sessions in order to assess your body's reaction to cold. However, you can halt the treatment at any point, if it becomes too uncomfortable for you.

What can I expect afterwards?

Depending on the length of freezing time, the skin may show no reaction, or some reddening, or occasionally it may develop a blister or a deep bruise (as with a burn from heat). This is normal. The area may also feel a little uncomfortable after treatment. Depending upon its location, your clinician may choose to pad the area to promote comfort, or to tape it in order to deter the development of a blister (making a bruise more likely).

In all cases, you should keep the area as clean and dry as possible for the following 24 hours, in order to deter any infection at the site. After 24 hours, remove the pad or dressing and inspect the area yourself. If there appears to be an open wound (with a possibility of infection), then continue protecting the area with sticking plasters until it has healed. If the surface of the skin appears intact, you may continue with your normal activities without any further dressings.

Your clinician will arrange a review appointment with you after cryotherapy to check the area and repeat the treatment as appropriate. It is important that you attend this appointment.

In the unlikely event that you experience excessive pain or a weeping discharge at the treatment site, or you have any concerns about the treated area, please contact the clinic for advice.

In the first instance please contact:

***** Tel: *****

If unavailable please contact the podiatry clinic on:

Tel: *****

where reception staff will be able to put you in contact with another clinician for advice.

Insert web site details