



## CRYOTHERAPY INFORMATION

### What is Cryotherapy?

Cryotherapy is a minimally invasive procedure that uses an extremely cold liquid to freeze and destroy abnormal skin tissue such as seborrhoeic keratosis, actinic keratosis, sun spots, solar keratosis and viral warts.

### Procedure

In most cases the cryotherapy is performed with a spray technique using cryospray or in some cases it's applied with a cotton tip depending on the size and depth of the lesion.

### Post-procedure

- The treated area may blister within a few hours of treatment (this can sting so Savlon can be applied for pain relief)
- The blister then shrinks and becomes a scab within a few days (apply Vaseline to keep moist and stop the scab from lifting off too soon)
- It is very important not to pick the scab off as this can interrupt the healing process and cause a scar
- Healing time can vary depending on the body area treated
- In some cases a white mark (hypopigmentation) or scar may result

It is very important for patients to contact the practice if there are any signs of infection

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