

# Cryotherapy

## Information for patients

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### What is Cryotherapy?

Cryotherapy is a carefully controlled cold burn which is administered by applying liquid nitrogen to the skin, either by spray technique or cotton bud.

The procedure may be painful, depending on the length of the freeze and the area being treated.

### After the treatment

After treatment, redness of the skin and swelling will develop and occasionally a blister may form. This may be fluid or blood filled. If a blister does form, the fluid should be released by pricking with a sterile needle and a dressing applied. Vaseline can also be applied if the area is inflamed.

Some crusting may appear which will fall off in a few days' time.

In most cases, the treated area will eventually look like normal skin although scarring and changes in skin colour are possible.

If discomfort or pain occurs after treatment, paracetamol two or three times a day will help.

### Contact us

If there are any problems, please consult your GP or the charge nurse in Dermatology OPD, telephone number: 0131 536 2068.

