

# CRYOTHERAPY AFTERCARE

Please read the information below which will help you in your recovery from the procedure performed by your doctor today. Cryotherapy is used to treat benign and malignant skin lesions by freezing and injuring the surface layer of skin with liquid nitrogen. After the treatment, normal skin healing occurs.

## What to expect after treatment

- Your skin will show signs very similar to sunburn.
- Stinging can occur for up to an hour following the procedure with moderate discomfort.
- The area will become reddened and swollen and may form a small blister.
- The treated area does not need to be covered and you can shower as normal.
- A scab will form after a few days and will drop off by:
  - 1 - 2 weeks on the face
  - 2 - 3 weeks on the arms
  - 3 - 6 weeks on the legs

## How to manage blistering of the skin

- Blisters can become painful and uncomfortable. Avoid bursting them.
- If you must burst them for pain relief, use a small, clean needle and gently express the fluid.
- After a blister has burst, apply a band-aid or a dry dressing.

## How to identify a potential infection

- The surrounding skin is becoming increasingly tender to touch.
- The redness extends to more than 1cm from the treated area.
- The redness is increasing and the area feels warm to touch.
- If there is a funny smell.

## How to aid the wound healing process

- Daily showers will help your wound to heal faster.
- Avoid using soaps / creams / liniments / antiseptics (Betadine, Savlon, Dettol, papaw ointment) as these will delay the wound healing process.
- Apply dry dressings to minimise the risk of infection.

**If you have any questions or concerns, don't hesitate to contact us.**