



Information for
patients and
carers

Information following cryotherapy

Dermatology Department

Cryotherapy treatment:

Cryotherapy is a liquid nitrogen spray onto a lesion. The aim is to destroy the cells of the lesion.

What happens after cryotherapy treatment

- The skin will become red and may form a blister or the area may become weepy – THIS IS NORMAL
- If a blister forms – you may prick this with a sterile needle/pin
- Whether a blister forms or not you should cover any weeping wound with a plaster (or suitable dressing should you be allergic to Elastoplast)
- Once the area has stopped weeping, leave open to the air and a blackish scab will begin to form. This will take a few weeks to drop off – the area may then have a pinkish colour which fades gradually over time
- You can wash the treated area but do not soak it and we advise you not to go swimming until the area has scabbed over
- If uncomfortable following this procedure this may be eased by a painkiller familiar to you, e.g. Paracetamol
- Lesions often do not look very different in the first few days after a freeze (apart from slightly redder) but they would usually then shrink over the coming weeks and sometimes would shrivel and fall off much more quickly. Slow or incomplete clearance is not a cause for medical concern

Contact details

Should you require further advice or information please contact the Dermatology Department Nursing Team on **01257 247648**

Sources of further information

www.lancsteachinghospitals.nhs.uk

www.nhs.uk

www.accessable.co.uk

www.patient.co.uk

All our patient information leaflets are available on our website for patients to access and download:

www.lancsteachinghospitals.nhs.uk/patient-information-leaflets

Lancashire Teaching Hospitals NHS Foundation Trust is not responsible for the content of external internet sites.

Lancashire Teaching Hospitals is a smoke-free site. Smoking is not permitted anywhere on any of our premises, either inside or outside the buildings. Our staff will ask you about your smoking status when you come to hospital and will offer you support and advice about stopping smoking this will include Nicotine Replacement Therapy to help manage your symptoms of withdrawal and the opportunity to speak to a nurse or advisor from the specialist Tobacco and Alcohol Care Team.

If you want to stop smoking, you can also contact the Quit Squad Freephone 0800 328 6297.

Please ask if you would like help in understanding this information. This information can be made available in large print and in other languages.

Department: Dermatology
Division: Surgery
Production date: July 2023
Review date: July 2026
JR 999 v1