



Cryotherapy

You have a cryotherapy session (freezing some skin conditions with liquid nitrogen).
Liquid nitrogen is very cold (minus 196 ° C).

The number of sessions needed for full resolution of the lesions varies according to nature of lesion, from area to area and from one person to another.

What are you expecting?

Cryotherapy is similar to the effects of a small burn.

The treated area can become painful, sore, swollen and red for a day or two.

If you feel pain or discomfort, you can take regular doses of a pain relief medication, such as paracetamol.

The area can be left exposed. You can also apply a light bandage the first few days.

Swelling around the eye is possible if the eyelids or forehead are treated. This should not cause discomfort and will settle down within days.

From time to time a bubble may form. Warts can be left alone, even if they appear to be full of blood. If the bubble becomes painful, it can be pricked with a sterile needle to remove the fluid. Leave the skin that forms the top of the bubble in place to help heal the area.

Usually a crust forms on the site of treatment in the first two or three days and will usually take one to two weeks to separate (or a longer period for large areas).

It may be a good idea to put petroleum jelly on the area twice a day until the peeling is naturally completed. Initially, the skin may look pale pink. The color will fade over time.

In the long run, it is very common to obtain a degree of skin lightening in the treated area. Treated area scarring is also possible. But it usually recovers within 3-4 months.

