

Aftercare following cryotherapy

Purpose of the treatment

Cryotherapy means that the doctor sprays liquid nitrogen onto the skin to cause a local frostbite.

Freezing the skin is used to treat superficial skin lesions, such as various types of warts or sun damage.

The purpose of the treatment is to destroy the superficial skin layers. In healthy skin, skin will regrow in the treated area in a few weeks. In some cases, the treatment has to be repeated several times.

During the treatment

During the treatment, you may feel a pricking, stinging or burning sensation in the area being treated.

If you develop an ache in the treated area, you can take normal painkillers to alleviate it.

After the treatment

After cryotherapy, the treated skin area is usually red, and swelling, oozing or a blister may appear.

There is no need for concern if the blister breaks.

Any skin changes that appear after the treatment will usually heal spontaneously in 1-2 weeks.

Cryotherapy performed in the vicinity of the eyes may cause harmless swelling of the eyelids.

If there is oozing or bleeding in the treated area, cover it with a clean dressing or porous wound dressing.
Do not use a band-aid.

As a rule, there will not be any scarring after cryotherapy used to treat skin lesions. A scab normally forms in the treated area within a week.

In the case of malign skin lesions, a more extensive cryotherapy procedure is required. This may result in scarring.
Healing will also take longer, up to 3-4 weeks.

Washing

It is allowed to get the treated area wet and wash it as normal.

You may go to the sauna, but swimming is not allowed until the blister has dried.