

This instruction is intended for our patients who are in a care relationship

The Wellbeing Services County of Southwest Finland

Turku University Hospital

The Freezing treatment of breast abnormalities i.e. Cryoablation

General information about the procedure?

You have an appointment for cryotherapy for a breast abnormality.

The procedure requires both preparation and aftercare and therefore a place is reserved for you in the ward as well. In the procedure, the abnormality is treated by freezing, using ultrasound to guide the needle.

How to prepare for the procedure?

- Blood thinning medications are discontinued according to separate instructions that you will receive from the referring clinic or department. The medications are discontinued 1–5 days before the examination, with the consent of the treating physician, to prevent the risk of bleeding during this procedure. Patients with an artificial heart valve or other absolute contraindication should not stop taking blood thinning medications.
- You will arrive at the hospital in the morning of the procedure.
- Blood tests must be taken for the procedure. You will receive instructions from the department about how this will be done.
- If you have, for example, a pacemaker or other internal device, please mention this to the attending physician.
- Jewellery and watches should be removed when coming for the procedure.
- Don't eat any food after 12 pm (midnight).
- You may take other medications prescribed to you as normal.

How is the procedure done?

During procedure, you are lying still on your back. The examination position is designed to be as comfortable as possible.

After cleansing and anesthetizing the skin, the Radiologist inserts a thin needle into the desired area guided by the ultrasound and performs freezing.

What about after the procedure?

- Cryotherapy takes approximately 1–2 hours, including preparation.
- The breast may feel tender after the procedure.
- Afterwards, you can eat and drink normally, unless you have been told otherwise.
- If you experience any problems after the procedure, contact the X-ray department that treated you or TYKS Emergency department.

Where do you get the results from the procedure?

The referring outpatient clinic or department is responsible for reporting the results of the procedure and any follow-up.

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