
Cryotherapy

WHAT IS IT?

The skin lesion treated today was frozen with liquid nitrogen (-196°C). This is a good treatment often used for warts, early precancerous skin lesions and some small skin cancers.

WHAT CAN I EXPECT?

Initially, it will look like nothing has happened. Then the area will become red and inflamed. Sometimes a blister can develop – if this happens, don't worry, just pop the blister with a clean pin and apply Vaseline to the area.

Your wound is going to heal naturally. This means that new skin will grow in from the edges. To help this process the wound needs to be kept clean and moist – free of crusts and scabs.

If the area is **painful**, paracetamol 4-6 hourly usually helps. The discomfort should rapidly improve over the next few days.

If possible, **avoid smoking** totally for the first week after surgery. Studies have shown that wound healing is significantly affected by smoking, and the infection rate is higher.

DAILY WOUND CARE:

- Wash your hands.
- Wash the wound carefully with clean water.
- Try and gently remove any dried blood or scabs.
- Use cotton buds or cotton pads for delicate areas.
- Pat the wound dry and cover it thickly with Vaseline or antibiotic ointment. The ointment will keep the wound clean, soft and moist.

LONG TERM EXPECTATIONS:

- The scar may be very red and angry at first but will settle down quickly over a few weeks.
- Eventually, the area may heal with a pale scar, but sometimes there is no scarring at all.
- You may feel occasional sharp pains or 'twinges' near the scar as it settles.