

**Patient
Information**

Cryotherapy

Introduction

Cryotherapy is a treatment for benign and precancerous skin lesions. Liquid nitrogen (-196°C) is sprayed from a canister onto your lesion(s) for a few seconds. This will sting briefly.

Complications

- The treated area will become red, possibly blistered, and sore or itchy.
- The wound will take up to 2 to 3 weeks to heal. Hopefully your skin lesion will have subsided by then but sometimes repeat sessions of cryotherapy are required.
- You may be left with a pale or pink, flat scar after a few months.
- Recurrence of your lesion is possible.

Wound care

Leave the wound open unless it is rubbing on clothing and in which case, we will provide dry dressings.

- Pop blisters with a sterile needle or pin. Sterilise the needle/pin in boiling water for a couple of minutes before use.
- Do not peel the skin off once the blister has been lanced.
- Vaseline® or Savlon® can be applied daily to the wound if necessary.
- Oral pain relief should not be required.

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Dermatology

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Making a choice

Shared Decision Making

If you are asked to make a choice, you may have lots of questions that you want to ask. You may also want to talk over your options with your family or friends. It can help to write a list of the questions you want answered and take it to your appointment.



Ask 3 Questions

To begin with, try to make sure you get the answers to three key questions if you are asked to make a choice about your healthcare.

1. What are my options?
2. What are the pros and cons of each option for me?
3. How do I get support to help me make a decision that is right for me?

These resources have been adapted with kind permission from the MAGIC Programme, supported by the Health Foundation

* Ask 3 Questions is based on Shepherd HL, et al. Three questions that patients can ask to improve the quality of information physicians give about treatment options: A cross-over trial. Patient Education and Counselling, 2011;84: 379-85



<https://aqua.nhs.uk/resources/shared-decision-making-case-studies/>