

**Patient  
Information**

# Cryotherapy

## Introduction

This leaflet is intended for patients who have had cryotherapy to explain how to manage their skin wound(s).

## What is cryotherapy?

Cryotherapy is the controlled application of liquid nitrogen onto the skin, usually from a canister. This leads to a 'cold burn'. It is used to treat benign and pre-cancerous skin lesions. It stings when applied but this is usually tolerable. Multiple areas can be treated during a single clinic appointment. Each area treated will result in a superficial (surface) wound.

## Wound care?

Your wound is likely to become inflamed and a blister may form. If the area is painful, please take pain relief such as paracetamol (follow the dosage instructions on the pack).

If a blister forms you can pop this with a needle (sterilised with boiling water) but do not peel the skin away.

If possible please leave the wound exposed to the air. Try and keep it dry for 48 hours.

Vaseline<sup>®</sup> (from a new pot) or Savlon<sup>®</sup> can then be applied daily to protect the healing skin.

Dry dressings should be applied if a wound is likely to be exposed to contaminated/dusty air or if there is friction (rubbing) against tight clothing.

Eventually a crust will form which will take 2 to 3 weeks to lift off, leaving a pink patch. Sometimes a scar will persist in the form of a paler area of skin.

If you have any concerns regarding the healing of your treated skin then contact your GP or the Dermatology department for advice.

Reference No.

**GHP11476\_06\_21**

Department

**Dermatology**

Review due

**June 2024**

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## Contact information

### Dermatology Department

Tel: 0300 422 8454

Monday to Friday, 9:00am to 5:00pm

## Further information

### Patient Info

Website: [www.patient.co.uk/health/liquid-nitrogen-treatment](http://www.patient.co.uk/health/liquid-nitrogen-treatment)

### DermNet NZ

Website:

<https://dermnetnz.org/topics/cryotherapy/>

Content reviewed: June 2021