

Cryotherapy FAQs and Aftercare

Skin cryosurgery, or cryotherapy, is a procedure to treat a skin lesion by freezing it. A skin lesion is a growth on your skin. Cryosurgery uses a cold substance, usually liquid nitrogen, to kill the lesion without damaging nearby healthy skin. You may need cryosurgery more than once.

Are there any side effects?

Immediate side effects

Pain 9 out of 10 people (90%) will feel some stinging or burning during the procedure. This may continue until the area thaws (1-2 minutes) but should settle down within a few minutes. However, some patients experience discomfort for up to an hour. If you experience mild pain after your treatment, painkillers (such as paracetamol) are recommended.

Swelling and redness

Swelling and redness are a normal response to freezing the skin. This will usually settle after a few days.

Blistering

Blistering is a common side effect of cryotherapy. The blister usually settles after a few days as the scab forms

Crusting

You may find that a crust develops over the area which has been treated. This will usually peel or drop off within 2 weeks. You may develop another crust after this, but this too will heal.

Infection

Very rarely do people develop infection after cryotherapy.

How do I care for my skin afterwards?

Keep the area dry for 24 hours and then after that, pat dry after washing. Avoid make up for 24 hours at least. If a blister or scab forms, do not touch but allow to go or the scab fall off naturally.