

# CRYOTHERAPY AFTER CARE

Cryotherapy is a technique undertaken which uses liquid nitrogen to treat warts and some other skin lesions. Liquid nitrogen works by rapidly freezing the wart or lesion causing damage to cells in that area, and destroying any warts or lesions treated. It does not prevent warts developing in the future. It is important to look after your skin following cryotherapy.

## Timeline for After Care

### Day 1 following treatment:

The area treated will often become red and swollen. A blister may develop and occasionally this will be blood-filled, which is harmless. Blisters are best left alone, but can be burst with a sterile needle if they are uncomfortable.

### Days 2 and 3 following treatment:

At this stage the area may become moist. If the weeping is mild, leave it open to the air rather than trying to cover it closely with tight clothing or dressings. You can safely wash the area with water and a mild soap substitute (avoid body wash and soap). If the weeping is excessive, try to cover the area with a dressing.

Bathing with salt solution (1 teaspoon of salt to a cup of warm water) may help.

### Days 3 to 4 following treatment:

At this stage the area will stop weeping and a scab may form. The scab will remain in place for up to 2 weeks and then the area should heal. If the area is not healed, return to the clinic for review.

## Final results

Some warts will need more than one treatment. If the wart is still present 7-10 days after healing, see your healthcare provider for review and further cryotherapy or an alternative treatment.

Cryotherapy may result in the treated area becoming darker or lighter than it was before. Although the appearance often improves with time, the colour change can be permanent.

## Useful websites

<http://dermnetnz.org/procedures/cryotherapy.html>

## To access information about cryotherapy in other languages:

<http://dermnetnz.org/procedures/cryotherapy.html>

## References:

Therapeutic Guidelines Ltd (2009) Cryotherapy Patient Information Sheet.

Accessed from [www.tg.org.au](http://www.tg.org.au)

*This fact sheet is designed to provide you with general information only. It is not intended to replace the need for a consultation with a health practitioner. All clients are advised to enquire about any specific questions or concerns they may have. Every effort has been made to ensure that this information is correct at the time of publishing.*