

## What to expect following cryotherapy

### Common Responses:

- ❖ Initial pain
- ❖ Tenderness/aching
- ❖ Swelling/redness
- ❖ Blistering and crusting after a few days
- ❖ Change in the skin colour/pigment of treated area, perhaps white or pale pink. If a deep/hard freeze is done, the colour/pigment changes may be long term.

### Caring for a cryotherapy site:

If the site blisters (usually on days 2-4), cover with a simple plaster to protect site. If the blister then bursts, clean the site daily with a clean flannel and warm water to remove any ooze. Pat area dry and apply a layer of ointment (Vaseline/paw paw/bepanthen) to keep moist and cover with a simple plaster. Repeat the above steps, 1-2 times daily for 1-2 weeks until new skin forms.

### Occasionally complications occur:

- ❖ Infection
- ❖ Increased pain
- ❖ Migraine
- ❖ Hypertrophic scars
- ❖ Damage to surrounding structures (hair follicles, nail bed, nerves, cartilage and tendons on hand)

**If you have any concerns regarding how your site is healing, or you experience any of the following, please contact the Rolleston Medical Centre on 347-8848 during working hours or Dr Ryan afterhours on 027-271-7544.**

Excessive blistering, infection and fever: if your site is swollen, red, more painful, or if there is a smelly or yellow discharge, it might be infected. It is **not** normal to get a fever after the procedure. If you feel hot and unwell, please contact the surgery.