

CRYOTHERAPY

Stafford Skincare – Lichfield 2023

Cryotherapy (Freezing) is where a very cold spray is directed on to a Skin Lesion to try to remove it or reduce its size. At Stafford Skincare we treat Seborrhoeic Warts, Viral Warts, Actinic Keratosis and Skin Tags with Cryotherapy. Please look up the Patient Information Leaflet by the British Association of Dermatologists for more details on Cryotherapy: <https://www.bad.org.uk/pils/cryotherapy>

BENEFITS OF CRYOTHERAPY

For most people, Cryotherapy will remove or reduce the size of a Skin Lesion. On average, 8 out of 10 Skin Lesions (80%) will improve or disappear.

SIDE EFFECTS OF CRYOTHERAPY

After Cryotherapy the Skin Lesion may be sore, red, swollen and may even blister.

After 2 - 6 weeks, the Skin Lesion usually dries up and starts to crumble off.

The treated area usually heals without leaving a scar, but some people heal with a white pale scar (hypopigmentation).

It is rare to develop a darker, brown scar after Cryotherapy (hyperpigmentation) but this may happen in darker skin or people with brown-coloured eyes.

PLEASE NOTE

Although most Skin Lesions are removed by Cryotherapy or show a reduction in size, repeated treatments with Cryotherapy may sometimes be necessary to achieve the desired outcome.

Some Skin Lesions are stubborn and may not respond to Cryotherapy at all. This happens especially with thicker or large Seborrhoeic Warts, or with Skin Tags that are greater than 3 – 4 mm in size.

Viral Warts usually need multiple repeated treatments before they settle as they are caused by a virus which is very difficult to eradicate.

Skin Lesions may recur after Cryotherapy treatment. Usually this happens after a few years, but sometimes they may recur within a few months depending on the person.