



Cryotherapy Treatment Information

Benefits

- No contact with dangerous cryogenic gases or liquids
- Immediate treatment without referral
- Low risk procedure
- Simple, safe, effective treatment with little discomfort

Alternatives

- No treatment
- Surgical Removal
- Salicylic acid

Reported Risks & Side Effects

- A blister or scabbing can form up to 48 hours after treatment. An antibiotic cream or ointment can be used. Other short term effects include bruising, superficial crusting, and discomfort.
- Hyperpigmentation (browning) and hypopigmentation (lightening) can occur with some people. These conditions usually resolve within 2-12 months. Permanent color change is a rare risk but is possible. Vigilant care must be taken to avoid sun exposure (tanning beds included) before and after the treatments to reduce the risk of color change. A physical sun block (with zinc) must be applied when sun exposure is necessary to protect the pigmented area. There is no guarantee that the area will fully repigment. However for most individuals it does if the skin is not exposed to tanning elements. Follow up care is available to help stimulate re-pigmentation if necessary.
- Infection is not usual after treatment but can occur whenever the skin is broken. Should any kind of infection occur, your practitioner must be notified to prescribe antibiotics if appropriate.

Aftercare

- During the procedure the area freezes and turns white. After the white area thaws, a flushing occurs that turns the area red. This thawing is associated with a pinching sensation or a dull ache as a wheal is formed. This wheal will develop into a water blister that may rupture naturally (do not force rupture) within 24-48 hours and within 3-5 days the area will begin to form a scab.
- During this time it is important that the area is kept clean and dry to prevent infection, a small dressing may be required.
- The scab will fall off in approximately 1- 2 weeks. Depending on the extent of the freeze a

new scab may reform and the process will repeat itself.

- The lesion will be completely healed in 2-6 weeks. After primary healing occurs the area may be whiter than the surrounding tissue, usually this repigments over time.

Cryotherapy Treatment Consent

I confirm that I have read the associated treatment information sheet and have been fully informed of the risks and possible consequences involved in the above treatment. I will follow the instructions given to me by my practitioner as detailed. I understand that the results are not guaranteed. The information I have given is, to the best of my knowledge, correct. I have not withheld any known medical information. I will contact my practitioner if I have any queries about my treatment.

I therefore consent to receiving the described treatment by my clinician.

Date:

Patient Name:

Patient Signature:

Clinician Name:

Clinician Signature: