

NHS Forth Valley
Dermatology Department

Cryotherapy

Patient Information

A decorative graphic at the bottom of the page consisting of a light blue, wavy shape that resembles a stylized wave or a ribbon. It starts on the left side, curves upwards and then downwards, and then curves upwards again towards the right side.

What is it?

Cryotherapy (cryosurgery) is the use of a very cold substance (liquid nitrogen) to destroy abnormal tissue, especially warts and certain sun-induced growths. It is applied to your skin either by a small jet spray or with a cotton bud. For it to be effective, a small area of surrounding skin must also be treated. It works by literally freezing the skin.

What happens after treatment?

Each treatment lasts a few seconds, but may be repeated again to be more effective. You are likely to experience some pain during treatment and some discomfort for several hours after cryotherapy. You may develop a blister at the site of treatment and the area may remain red for a few days. These are normal reactions to treatment.

Possible complications of treatment include infection, minor scarring and numbness or altered sensation at the site of treatment. You may bathe as normal unless the affected area blisters when it is advisable to keep the site dry.

If you have any concerns following your treatment, you should contact the Dermatology department at Forth Valley Royal or Stirling Community Hospital.

Patient Appointments/Cancellations

If you have an enquiry about an appointment or would like to cancel it, please call 01324 566249 or email: FV-UHB.RTT@nhs.net

If you can't go let us know!

Every month around 2,000 people across Forth Valley fail to turn up for hospital appointments. This costs the NHS millions of pounds each year and increases waiting times. So if you are unable to attend or no longer require your hospital appointment please let us know so we can offer it to someone else.

We are happy to consider requests for this publication in other languages or formats such as large print. Please call 01324 590886 (24hrs), fax 01324 590867 or email FV-UHB.disabilitydepartment@nhs.net

For all the latest health news visit www.nhsforthvalley.com follow us on [twitter @NHSForthValley](https://twitter.com/NHSForthValley) or like us on [facebook](https://www.facebook.com/nhsforthvalley) at www.facebook.com/nhsforthvalley

SMOKING IS NOT PERMITTED ON NHS FORTH VALLEY PREMISES

This includes corridors, doorways, car parks and any of our grounds. If you do smoke on NHS premises you may be liable to prosecution and a fine.



**INVESTORS
IN PEOPLE** | Silver



NHS Forth Valley
Administration Offices
Westburn Avenue, Falkirk FK1 5SU
www.nhsforthvalley.com

Re-order Ref: PIL/1060/MECR

Review Date: 2020

