



Care Following Cryotherapy Treatment

After freezing treatment there is a mild to moderate discomfort for up to one hour. Following this the area will usually develop a blister that reaches its maximum size later the same day.

The blister is normally filled with a clear fluid, but this may be blood stained. In some cases, a blister does not form but a moist scab develops.

If you have been treated around the eyes, there may be some puffiness for two to four days.

If the blister is not troublesome, leave it intact and let things take their own course. If the pressure of the fluid causes discomfort or the blister is annoying then sterilise a pin in boiling water or with a hot flame and prick the blister.

After pricking the blister or after it bursts naturally, the area should be gently wiped/washed once or twice a day if eroded or weeping with a salt water solution.

Solution: Mix one teaspoon of salt in a glass with a cup of cooled, boiled water.

A dressing is optional, but advisable if the affected area is subject to trauma or clothes rubbing in the area.

It is good to allow lots of water to run over the areas in the shower, but protect the treated areas from e.g washing up water by wearing gloves.

When the blister dries to a scab, use Vaseline to soften and help it lift off and avoid picking.

This scab will separate once the new skin has adequately healed underneath.

If you have any queries or problems please do not hesitate to ring the surgery on (02) 9966 9667.