



Cryotherapy for Skin Conditions

Cryotherapy is an extremely cold gas (liquid nitrogen) used to treat several skin conditions such as skin tags, molluscum and viral warts. You will usually require several treatments for complete removal of the lesions.

1. **After cryotherapy:**

- Normal activities may be resumed.
- Shower as per normal but avoid rubbing or scrubbing the affected area.
- Avoid vigorous exercise or applying excessive pressure on your foot when treatment is performed over sole or plantar.
- Apply topical treatments if prescribed by your doctors.

2. **Side effects of treatment:**

- You may experience redness or swelling at the treatment area, which will resolve in the next few days.
- Blistering is common after cryotherapy.
- The fluid in the blister may appear clear or blood-filled.
- If the blister becomes very large or painful:
 - a) Walk in to the KKH@Halifax clinic before 3.00pm on weekdays, or
 - b) Proceed to Children's Emergency (CE) after office hours and on Saturday/Sunday/Public Holidays.
- The treated wart may fall off when the top of the blister falls off.

3. **Follow-up appointment:**

- Keep your appointment(s) as scheduled.
- If you wish to change your appointment, please call the Central Appointments Hotline at 6294-4050.