

# Cryotherapy Patient Guide

## What is Cryosurgery and how does it work?

- Medical providers employ a freezing product called Histofreezer® to treat and destroy warts and a variety of skin growths or lesions.

## What to expect during treatment

- You will experience a sensation of coldness and some tingling which lasts briefly; most patients experience little or no pain from this treatment.

## What you might experience after treatment

- The treated area will appear white immediately after the treatment, then within seconds a reddening of the area will occur. Lightening may occur with darker skin. Recovery to normal pigmentation will occur typically within two weeks to six months, depending on your body's healing process.
- Keep the treated area clean; you may shower, and swim. Generally, a bandage is not needed.
- Within a few hours to a few days the treated area may blister, change color or form a scab.
- Should a blister occur, protect it from injury or use a bandage. If a blister occurs, do not purposely puncture it; if it breaks, apply a topical antibiotic and cover with a bandage.
- If a scab occurs, do not pull or irritate it; it will fall off naturally after a few days or weeks depending on the treatment area location and size, as well as your body's ability to heal.
- A second or third application of the Histofreezer cryotherapy may be necessary at two week intervals depending on the size, type and location of the lesion. Plantar warts are generally the most difficult to treat, and a daily application of an over the counter preparation may be required to accelerate the resolution of the wart.

If you have further questions or concerns about this procedure or after care, consult your medical care provider.

**Next Appointment:** \_\_\_\_\_

**Appointment Time:** \_\_\_\_\_

**Phone Number:** \_\_\_\_\_

**Email:** \_\_\_\_\_

**Histofreezer®**

Portable Cryosurgical System

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