

## CRYOTHERAPY (FREEZING TREATMENT)

After freezing treatment there is a mild to moderate discomfort for up to one hour. Following this the treated area will usually develop a blister that reaches its maximum size in about eight hours.

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

Around the eyes (if this area has been sprayed) 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, you can sterilize a pin in boiling water or with a hot flame (e.g. match) and prick the blister.

After pricking the blister it bursts naturally, the area should be gently wiped twice daily with:

- A salt water solution (one teaspoon of salt in a glass of cooled, boiled water)
- or**
- You may use methylated spirits
  - Showering is permissible, but prolonged contact with water should be avoided, e.g. wear rubber gloves for washing up.

Healing occurs as the blister develops into a scab, dries out and separates when the new skin forms underneath. While the crusts are healing it is preferable to avoid makeup or other creams other than a simple moisturiser. Use physical protection rather than sunscreens.

**If you have any queries or problems do not hesitate to ring 9515 8537.**