

## FACT SHEET: CRYOTHERAPY (FREEZING TREATMENT) INFORMATION BROCHURE

### INITIALLY

After freezing treatment there is a mild to moderate discomfort for up to one hour. Following this there will often develop a blister that reaches its maximum size in about 8 hours.

### ***A BLISTER MAY FORM***

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.

### PUFFINESS

Around the eyes (if this area has been sprayed) there may be puffiness for 2 – 4 days.

### THE BLISTER

If the blister is not troublesome leave it in tact and let things take their own course. If the pressure of the fluid causes discomfort or the blister is annoying you can dab the area with Methylated spirits and 'sterilise' a pin in boiling water or with a hot flame and prick the blister.

### CLEANING THE AREA

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

- A salt water solution (mix one teaspoon of salt in a cup of cooled boiled water)
- or**
- Methylated spirits

### PROTECTING THE AREA

Handypor can be used if a dressing is required (this is absorbent). It is good to allow water to run over the areas in the shower, but soaking in a bath or washing up water should be avoided until the wound has healed.

### HEALING

Healing occurs as the blister develops into a scab, dries out and separates and the new skin forms underneath. The process usually takes 2 to 3 weeks.

### QUERIES

If you have any queries or problems do not hesitate to ring 02 8068 5006 to speak to a nurse.