

## Cryotherapy

Cryotherapy is the treatment of skin by freezing. At South West Podiatry, Nitrous Oxide is usually used at temperatures around -89°C to freeze benign skin conditions such as warts, verrucae and skin tags. The most common skin lesion we treat are warts and verrucae which can be described as a virus in the upper layer of the skin called the epidermis. They commonly occur on the hands, fingers and soles of the feet. They are caused by the Human Papilloma Virus (HPV) which is highly contagious and is spread from one person to the other.

Cryotherapy treatment is quick and works by introducing ice within the lesion which causes cell destruction from both local chemical and blood supply changes. Once treated an immune reaction is triggered by a small cellular inflammatory process which is very important for effective cryotherapy treatment. New skin slowly grows under the skin lesion which indicates resolution of the lesion. Your podiatrist at South West Podiatry is fully qualified to determine full resolution.

### **Treatment Procedure**

Following a comprehensive consultation with the Podiatrist, the option to freeze the lesion is discussed and the cryotherapy can be administered. It is painful during treatment and can remain painful for a number of days post treatment. A blister around the area can occur and is painful. It is important to salt water bathe the feet and apply suitable dressings after treatment for a few days.

### **After the treatment**

- You should try and relax for the rest of the day.
- Avoid swimming or high impact sports until pain free.
- Salt water bathe the feet for a few days
- Apply appropriate dressing and continue to salt water bathe the feet if blistering occurs.

### **How long will it take for the treatment work?**

Treatment is immediate at the impacted site. The body's natural immune system starts to work at day 1 for up to 4 weeks. Treatment is generally repeated at 3-4 weekly intervals until resolution or the podiatrist discusses a change in treatment options or stopping treatment to allow your body to cope and manage the lesion without the requirement of treatment modalities.

### **Possible side effects**

Side effects from this traditional method of treatment are rare, but can occur. These include:

- Blistering.
- Infection.
- Scarring.
- Resistance to treatment.

**Call us to book an appointment on 020 7164 6607**