

## **SKIN ALIVE CLINIC**

### **CRYOTHERAPY (Freezing) Explanatory Notes and Consent**

Cryotherapy is a method of dealing with some skin conditions which do not require surgery. This includes no cancerous moles, warts, skin tags and some low grade, early non melanoma cancers (generally referred to as lesions).

Treatment involves application of a fine jet of freezing gas with the aim of destroying the abnormal cells.

The procedure is mildly to moderately painful, both during the application of the gas and for several hours after. In general pain medication is not required, but if necessary simple pain medication such as Panadol, Nurofen or Aspirin will ease the pain to a varying degree.

Initial results of the freezing include some inflammation and possible swelling, especially in areas where the skin is loose and thin, for example near the eyes or the neck. Within a few hours the swelling may increase and some people may develop a blister. This needs to be left alone, but if it breaks it should be kept clean. Some frozen lesions may weep for a few days. This does not require bandaging or any special treatment, but needs to be kept clean and dry. Eventually a dry scab will form in the frozen area and this needs to be left alone until the scab falls off.

If there are any concerns about the progress during this period, your treating doctor or another doctor in the clinic will review you and advise on management. You need to ring the clinic and explain the reason for an appointment and you will be seen promptly, usually on the same day.

The resulting scar can vary in colour and appearance, but eventually (after a few weeks or months) there is no visible scar in most cases. People with very fair skin and those with dark skin, may end up with a scar different in colour to their normal skin and this can be permanent.

Some lesions require more than one treatment. It is better to freeze lightly and repeat the process. "Overfreezing" can lead to a more unsightly scar at the end of treatment.

In some cases the doctor may use a scalpel to take the superficial layer of the lesion off, to allow the freezing gas to penetrate deeper and be more effective. This is generally painless, but sometimes there may be some associated pain. This will be explained to you and negotiated with you at the time.

In some cases an area of healthy tissue may get damaged during the freezing. This will generally be minimal and should not lead to any cosmetic damage.

Rarely, nerve damage may occur. This may take a long time to recover and may be permanent.

Hair loss may occur in the treated area and this may be permanent.

Sometimes the frozen area may develop into an ulcer which can become infected. If you are concerned that you have developed an infection, you need to call in and see a doctor for assessment and possible antibiotic treatment.

**The above explanation has been presented to me verbally and in written form to avoid any misunderstanding.**

**Having considered the proposed procedure, the subsequent management and expected outcome, I agree to proceed with the treatment.**

Name:

Signature:

Date:

Treating Doctor: