MR SIVA KUMAR

CONSULTANT PLASTIC SURGEON

PATIENT INFORMATION

Skin cryotherapy

Freezing treatment for warts, skin tags and other benign lesions

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The Ü Clinic
Sevenoaks & Oxted

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This booklet explains skin cryotherapy and how to look after the area afterwards.

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01 Why you have this booklet

You've been given this booklet because you have talked to Mr Kumar about cryotherapy, or you're about to.

It explains the treatment and how to look after the area.

It won't answer every question, and it isn't a substitute for talking things through with Mr Kumar, so please note down anything you want to ask and bring it to your next appointment. There is space for your questions at the back.

02 What cryotherapy is

Cryotherapy freezes skin lesions with liquid nitrogen, destroying the cells. The area then blisters or scabs and heals over the following weeks. It is used for warts, skin tags, seborrhoeic keratoses and some sun-damaged patches.

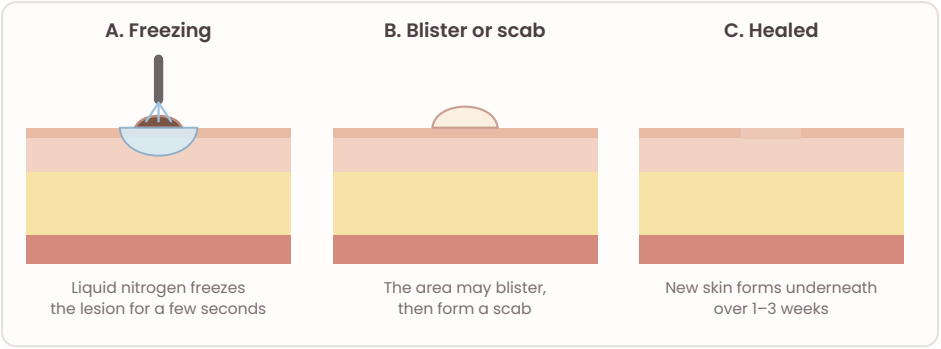


Figure 1. Cryotherapy: freezing, blistering and healing. A simplified drawing for guidance only.

Every lesion is assessed first, because cryotherapy is not suitable for anything that could be a skin cancer, and no tissue is sent to the laboratory.

03 Before you decide

Please tell Mr Kumar if you have, or have had

- you take blood thinners or have a bleeding disorder
- a pacemaker or defibrillator (some equipment used to stop bleeding can affect it)
- allergies to local anaesthetic, plasters, latex or antibiotics
- a tendency to keloid or thickened scars
- diabetes or a weakened immune system, which can slow healing
- you smoke

04 Other options

You don't have to have this procedure. Depending on what bothers you, the alternatives include:

- leaving the lesion alone
- removal by shave or excision
- creams for some lesions

05 Getting ready

There is usually no special preparation for a procedure under local anaesthetic. Please:

- **tell us about any blood thinners** such as warfarin, apixaban, rivaroxaban, clopidogrel or aspirin. Don't stop them without advice; most minor skin surgery can go ahead while you take them.
- **eat and drink normally** beforehand
- **wear loose, comfortable clothing** that is easy to remove from the area
- **arrange a lift home** if the procedure is on your face, near your eyes, or on a leg or hand you need for driving

06 Anaesthetic and where it happens

This is usually done under local anaesthetic, so you are awake and the area is numb. You go home straight afterwards.

07 The procedure

Liquid nitrogen is sprayed or applied for a few seconds. It stings briefly. No anaesthetic is usually needed.

08 Recovery

When	What to expect
Day 1	Redness, stinging and sometimes a blister.
Days 2–7	A scab forms. Keep the area clean; you can wash normally.
Weeks 1–3	The scab falls off and the skin heals.

- **Don't pick the scab.**
- **A large blister** can be pierced with a clean needle and covered.
- **Protect the area from the sun** to reduce colour change.

09 Risks and complications

Most people recover without any serious problems. But like any procedure it carries risks, and you should understand them before you decide. Where reliable published figures exist, we've given an approximate, rounded figure. Where they don't, we've used these standard terms:

COMMON	UNCOMMON	RARE	VERY RARE
more than 1 in 100	1 in 100 to 1 in 1,000	1 in 1,000 to 1 in 10,000	fewer than 1 in 10,000

Your own risk may be higher or lower depending on your health, whether you smoke, and the details of your procedure. Mr Kumar will talk through what applies to you.

What almost everyone experiences

These aren't really complications. They're a normal part of healing.

- Stinging during and after treatment.
- Redness, swelling and a blister or scab.

Other complications

- **Lighter or darker skin** COMMON
  At the treated spot, especially in darker skin. It may be permanent.
- **The lesion not clearing** COMMON
  A further treatment may be needed.
- **Infection** UNCOMMON
- **Scarring** UNCOMMON
- **Temporary numbness** RARE
  Over a nerve, for example on the fingers.

Complications of the anaesthetic

Local anaesthetic is very safe. It stings briefly as it goes in. Rarely it causes light-headedness, and very rarely an allergic reaction. If you have a general anaesthetic or sedation, your anaesthetist will discuss the risks with you separately.

10 Further treatment

Occasionally a further procedure is needed to refine the result, for example if healing leaves an area uneven or a scar needs revising. This isn't usually considered until things have fully settled, often 6–12 months afterwards. The cost of any further procedure isn't automatically included in your original fee; the clinic team can explain our policy.

11 Photographs and records

Photographs are taken before and after your procedure and kept in your medical records. They help Mr Kumar plan your treatment, record how things looked beforehand and follow your progress. This is standard good practice. If we ever want to use your photographs for teaching, publication or marketing, we will ask you separately and specifically, and saying no won't affect your care in any way.

12 Costs and insurance

If you are insured, please check your cover with your insurer before your procedure. Insurers need Mr Kumar's full name, **Siva Kumar Veeramani**, and his GMC number, **6114710**. If you are paying for yourself, you'll receive a written quote first. Self-pay consultations cost £250 and follow-ups £150.

13 Your decision

This is your decision and you have the right to:

- take as long as you need to decide, and bring someone with you to appointments
- say no to treatment, or withdraw your consent at any stage, without having to explain why and without it affecting any other care you receive
- ask for a second opinion from another surgeon.

14 Your personal information

Your personal and medical information is kept securely and used in line with UK data protection law (the UK GDPR and the Data Protection Act 2018). It's only shared with the people directly involved in your care, or where the law requires it, unless you give your consent for anything else.

15 Who to contact, and when to get help urgently

If you have any questions or worries, please contact the clinic during opening hours on **020 3026 9695** or **info@theuclinic.com**.

Contact us promptly if you have

- redness that is spreading, warmth, discharge from the wound, or a temperature
- bleeding that doesn't stop with 20 minutes of firm pressure
- the wound opening up

Contact us promptly if you have (continued)

- pain that is getting worse rather than better

Out of hours, your emergency contact number will be given by the treating hospital or clinic.

16 What happens next

Before your procedure, Mr Kumar will go through this information with you again and take your written consent. If anything in this booklet has raised a question, or if anything changes with your health, your weight or your medication before then, please let us know.

My questions

Note down anything you want to ask Mr Kumar and bring it to your next appointment.

Notes

Notes

Questions or worries?

Please contact the clinic during opening hours. Out of hours, your emergency contact number will be given by the treating hospital. In an emergency, call 999.

Telephone	020 3026 9695
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