

Patient information

Cryotherapy Liverpool Centre for Sexual Health

What is Cryotherapy?

Cryotherapy is the use of extreme cold in a localised part of the body to freeze and destroy genital warts or Molluscum Contagiosum (a viral skin infection).

What are the benefits of using cryotherapy?

Cryotherapy has been shown to be a very effective treatment which can also be used in pregnancy and breast feeding.

What are the risks in using cryotherapy?

On rare occasions, the treatment can cause ulceration or scarring. In pigmented skin, some depigmentation (loss of colour to the skin) may occur where the therapy has been applied. Swelling (oedema) may occur around the site.

How is the treatment administered?

There are two methods of administering cryotherapy:

- A small metal probe, that has been first coated with a gel and has been cooled by a special gas, is applied directly to the lesion.
- A fine stream of a very cold gas may be directed to the lesion without making contact.

Both methods, which usually take about a minute to complete, cause an ice ball to form on the lesion. This ice ball should quickly thaw.

What should I expect after treatment?

- Some people experience a period of discomfort during or after treatment (this is due to the frosting/defrosting process).
- The warts/molluscum may start to reduce in size and disintegrate.
- The speed that this happens is different for each individual.

How long will the treatment take?

This depends on the size of the lesion but treatment usually takes from a few seconds to a minute for each lesion.

Are there any alternatives available?

Warts can also be treated with creams and lotions but these are not always suitable (for example in pregnancy). The practitioner or nurse that sees you will explain.

What will happen if I don't have any treatment?

If you do not treat warts then they may get bigger or spread. You may also infect other people if you have sex.

Important Points to Remember

Cryotherapy is not a cure for genital warts.

- It is important to attend as directed by your doctor or nurse. You may need further treatment.
- Keep the area of skin clean and dry.

If you are being treated for warts

We would advise you to abstain from sex while the warts are present. Once the warts have cleared, it is recommended that you should continue to use condoms for another three months.

If you are worried about any of these risks, please speak to your consultant or a member of their team.

Feedback

Your feedback is important to us and helps us influence care in the future.

Following your discharge from hospital or attendance at your outpatient appointment you will receive a text asking if you would recommend our service to others. Please take the time to text back, you will not be charged for the text and can opt out at any point. Your co-operation is greatly appreciated.

Further Information

Health Advisor in the Liverpool Centre for Sexual Health

Tel: 0151 706 2622

Text phone number: 18001 0151 706 2622

Clinic information leaflets in the Liverpool Centre for Sexual Health

All Trust approved information is available on request in alternative formats, including other languages, easy read, large print, audio, Braille, moon and electronically.

يمكن توفير جميع المعلومات المتعلقة بالمرضى الموافق عليهم من قبل ائتمان المستشفى عند الطلب بصيغ أخرى، بما في ذلك لغات أخرى وبطرق تسهل قراءتها وبالحروف الطباعية الكبيرة وبالصوت وبطريقة برايل للمكفوفين وبطريقة مون والكرونيلا.

所有經信托基金批准的患者資訊均可以其它格式提供，包括其它語言、易讀閱讀軟件、大字

體、音頻、盲文、穆恩體 (Moon) 盲文和電子格式，敬請索取。

در صورت تمایل می‌توانید کلیه اطلاعات تصویب شده توسط ائتلاف در رابطه با بیماران را به اشکال مختلف در دسترس داشته باشید، از جمله به زبانهای دیگر، به زبان ساده، چاپ درشت، صوت، خط مخصوص گوران، مون و بصورت روی خطی موجود است.

زانیاری پئوئندیدار بهو نهخوشانهی له‌لایین تراستهوه پمساند کراون، نهگمر داوا بکرنیت له فۆرماته‌کانی تردا بریتی له زمانه‌کانی تر، نیزی رید (هاسان خویندنهوه)، چاپی گهوره، شریتی دهنگ، هیلای موون و نهلیکترۆنیکی همیه.

所有经信托基金批准的患者信息均可以其它格式提供，包括其它语言、易读阅读软件、大字体、音频、盲文、穆恩体 (Moon) 盲文和电子格式，敬请索取。

Dhammaan warbixinta bukaanleyda ee Ururka ee la oggol yahay waxaa marka la codsado lagu heli karaa nuskhado kale, sida luqado kale, akhris fudud, far waaweyn, dhegeysi, farta braille ee dadka indhaha la', Moon iyo nidaam eletaroonig ah.