

Dermatology – Cryotherapy

Cryotherapy is the application of extreme cold to destroy abnormal or diseased tissue. The term comes from the Greek word cryo meaning "icy cold". Cryotherapy is used to treat a number of diseases and disorders, especially a variety of benign skin conditions e.g. warts, skin tags.

Cryotherapy works by taking advantage of the destructive force of freezing temperatures on cells. At low temperatures, ice crystals form inside the cells, which can tear them apart. More damage occurs when blood vessels supplying the tissue freeze.

We use the most common method of freezing - liquid nitrogen as the cooling solution. The super-cooled liquid is sprayed on the skin.



Cryosurgery is a minimally invasive procedure. Patients undergoing cryosurgery usually experience minor-to-moderate localised pain and redness, which can be alleviated by oral administration of a pain relief medication. Blisters may form over the area treated, but these usually scab over and peel away within several days.