



# RECOMMENDATIONS AFTER CRYOTHERAPY OR CRYOSURGERY



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**FOLLOWING THE POST-PROCEDURE RECOMMENDATIONS PREVENTS POSSIBLE COMPLICATIONS SUCH AS:** pain, infection, bleeding, wound opening, bruising, poor healing, and allergic reactions. For these reasons we recommend that you consider the following:

### **1. Pain and burning**

After cryotherapy, a sensation of pain or burning may occur. These symptoms can be controlled by taking acetaminophen 500 mg. Most patients report that this pain is temporary and not very intense.

### **2. Redness and inflammation**

The appearance of redness and inflammation in the areas(s) where cryotherapy was performed is common. This redness can last for a few days and it is important that during these, you protect your skin from sun exposure, as it can temporarily become more sensitive to ultraviolet radiation and burn more easily. If you do, you should ideally use broad spectrum sunscreen (recommended by your dermatologist), and protective measures such as the use of hats, long-sleeved shirts or umbrellas.

### **3. Blisters**

Sometimes flaccid blisters may appear during the first week after the procedure, which should preferably not be removed. Many of these blisters spontaneously end up breaking and leaving a scabbed area.

#### **4. Scabbing**

Often, days after cryotherapy, fixed brown or yellowish scabs may appear on the treated sites. These should not be removed voluntarily, but by moistening with a cream formulated by your dermatologist after the procedure. Thus, these scabs will fall off spontaneously. In the event that a fixed black scab appears at the site where it was treated, you must inform us, as it may be a sign of necrosis or skin suffering from the treatment received. The appearance of necrosis after cryotherapy is not common.

#### **5. Changes in the color of the skin**

After the scab falls off, which is generally in the third or fourth week after having performed the procedure, the skin that was treated may remain red for a few weeks or months. In some patients there may be darkening of the treated area (post-inflammatory hyperpigmentation), or on the contrary, depigmentation (whitening) of the treated area. Changes in skin color are usually temporary (weeks to months).

#### **6. Alarm signs**

If days after the procedure, you have a fever (identified with a thermometer), chills, redness and heat at the wound site, or purulent material leakage, please contact us on the cell phone of the support doctor : 323 225 1183 from Monday to Friday from 7:00 am at 6:00 p.m. and Saturdays from 8:00 a.m. at 1:00 p.m. In case you consider it to be an emergency, you should go to the nearest emergency service.

## Special conditions:

- **Delay in healing**

When cryotherapy or cryosurgery is performed intensively depending on the patient's condition, a wound can occur that takes a few weeks to heal. The healthcare team of our Institution will be in charge of meeting you regularly for regular healing, until the injury heals.

- **Hair loss (alopecia)**

If the area treated with cryotherapy or cryosurgery was in an area with hair, and it was done intensively, permanent hair loss may occur in that area.

## 7. Monitoring

Generally, it is suggested that you continue in dermatological follow-up, taking into account that on some occasions, it is necessary to repeat cryotherapy as new lesions appear.

## Please report any adverse event, incident or complication, through any of the following:

- Directly with our staff.
- Supporting physician cell phone: 323 225 1183
- Calling the phone (+574) 444 35 37 extensions 106 and 112.

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