



## LIQUID NITROGEN (FREEZING) THERAPY CONSENT

### **What is cryotherapy:**

Cryotherapy is the use of liquid nitrogen at  $-196^{\circ}\text{C}$  applied with a cryospray gun or a cotton tipped applicator to a localised area for up to 10 seconds. It may be repeated again after thawing is complete depending on the type of lesions.

### **What is cryotherapy used for:**

Cold liquid nitrogen is used to target and destroy a specific area of skin tissue. This is used to treat benign or pre-cancerous skin cancers, which includes Seborrheic keratosis, actinic keratosis, superficial squamous cell carcinomas or superficial basal cell carcinomas.

This procedure requires no preparation and is relatively painless. All topical applications including make-up and other lotions should not be applied on the day of treatment.

There will be a stinging sensation felt for 5-40 minutes. During this time, you will notice the treated area becomes raised, with a surrounding "white ring" rather like a "hive" or rash. Overnight, blisters and occasionally "blood" blisters will form in the treated areas. These are sometimes associated with swelling. If pigmented (coloured) lesions have been treated, the skin often appear much darker afterwards.

**After treatment you may get some swelling, blistering and redness. It is recommended to wear sunscreen after treatment to prevent alterations with pigmentations.**

**Scabbing forms and falls off; this process may take up to 3 weeks. Face lesions however, the crust will come off within 5-10 days.**

**I consent to treatment and fully understands the risk/procedure involved and post treatment care.**

**Patient Name:** \_\_\_\_\_

**Signature (Patient/Guardian):** \_\_\_\_\_ **Date:** \_\_\_\_\_