


NOTTINGHAM SUPPORT GROUP FOR CARERS OF CHILDREN WITH ECZEMA

In association with : Nottingham University Hospitals 
NHS Trust

Written by Professor Hywel Williams, Dr Ruth Murphy, Dr Jane Ravenscroft, Nurse Consultant Sandra Lawton and parents on behalf of the Nottingham Support Group for Carers of Children with Eczema.

Treatment of Skin Conditions by Freezing - Information for Parents CRYOTHERAPY

How does Freezing work?

Freezing has been used as a way to treat certain skin problems for many years. The skin is frozen with liquid nitrogen, which is very cold and produces a very controlled cold 'burn'. This freezing will destroy cells in the top layer of the skin.

What sort of skin problems is freezing used for?

In children, freezing the skin can sometimes be used as a way to treat stubborn warts, or another related condition called mollusca. This is usually done as a last resort however, as freezing the skin with cryotherapy is uncomfortable. So, we will only normally use cryotherapy for warts and mollusca if the problem is very persistent and your child really wants it done.

What will happen after my child has this treatment?

The treatment itself will normally cause a stinging feeling. Occasionally, it will be painful. This will depend on which bit of skin is being frozen and the length of the freeze.

After the treatment, the skin will normally turn quite red and your child may feel sore for 1-2 days. Sometimes, a blister will appear. The redness and swelling may carry on for a few days. A scab or crust may form which will in time fall off leaving normal skin underneath. You may want to cover the area with a plaster.

What problems can happen?

Pain – taking paracetamol will normally help any mild soreness.

Blisters – sometimes freezing can cause a clear water or blood blister. This is quite normal. If this is a problem, cover it with a small dry dressing.

Infection – If the pain and redness get worse a few days after treatment, this may mean the area has become infected. If this happens, you may need to check it out with your GP. If your GP thinks the area is infected, they may give you a prescription for antibiotic cream or tablets.

For further advice please contact
Nurse Consultant Dermatology Sandra Lawton
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Queen's Medical Centre
Clifton Boulevard
Nottingham
NG7 2UH

Email : pils@nottinghameczema.org.uk
Website : www.nottinghameczema.org.uk

For advice on support issues please contact the NSGCCE via the website www.nottinghameczema.org.uk and click on the contact icon



at the top of most pages or email us at

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