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Cryotherapy

Cryotherapy is using cold temperatures to get rid of unwanted cells. It is a common treatment for warts, and benign skin lesions such as [seborrheic keratosis, skin tags, or age spots](#). They can also be used to treat cancer by a specialist.

During a cryotherapy treatment session you may experience slight burning sensation, but most people do well during the procedure.

After a cryotherapy treatment, you may experience redness on the area. In addition, it may become itchy, scab, flake off, or even bleed a little. Infection is rare, but keep the area clean with soap and water. If irritated, you may wish to apply Vaseline (petroleum jelly) and a bandage. In about a week, the lesion usually falls off. Larger lesions often require more than one treatment.

Cryotherapy generally gives the best cosmetic results when removing a lesion, however, there is a rare chance of leaving the skin lighter. The skin may return to normal color in about 6 months, however, sometimes this lightening of the skin is permanent.

Always call if you are unsure whether what you are experiencing is normal or not.