

If you require a translation please contact:

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اگر آپ کو اس کے ترجمے کی ضرورت پیش ہو تو آپ ہم سے رجوع فرمائیں۔

আপনার যদি এই পত্রের অনুবাদের দরকার হয়,
তাহলে দয়া করে যোগাযোগ করুন :

Patient Advice and Liaison Service (PALS)
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ORAL CRYOTHERAPY

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St. Peter's Hospital Guildford Road, Chertsey, Surrey, KT16 0PZ

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PATIENT INFORMATION

WHAT IS CRYOTHERAPY?

The term “cryotherapy” literally means “treatment using low temperature” and refers to the removal of lesions by freezing them. The most common agent currently used by doctors is liquid nitrogen.

WHAT CONDITIONS CAN BE TREATED WITH CRYOTHERAPY?

A wide variety of superficial benign lesions can be treated with cryotherapy. In the mouth it is usually used to treat vascular malformations (collections of blood vessels). Cryotherapy can cause these to shrink away or disappear.

WHAT DOES THE PROCEDURE INVOLVE?

Liquid nitrogen is applied using a metal probe. Sometimes local anaesthetic is used. The tissue is usually frozen 2 to 3 times, each one lasting 30 seconds to one minute.

IS THERE ANY ALTERNATIVE TO THIS TREATMENT?

If it is not felt to be dangerous or causing problems, sometimes the lesion can simply be left alone. Sometimes the lesion can be removed surgically. Your surgeon will discuss this if they feel it is appropriate.

ARE THERE ANY RISKS INVOLVED IN TREATMENT?

In the first few days after treatment, the area treated may become swollen. Sometimes a blister may form which may burst naturally or can be burst with a sterile pin. A scab may form, and this will take one to two weeks (and occasionally a little longer) to come away. Cryotherapy can be painful and it may well be necessary to take some painkillers (e.g. Paracetamol and or Ibuprofen) for a few days.

WHAT WILL I / WON'T I BE ABLE TO DO AFTER THIS TREATMENT?

If the mouth has been treated, it is best to stick to a soft diet, such as soups and mashed potatoes, for a few days. Take care not to knock the area with your toothbrush.

WILL I BE OFF WORK, AND FOR HOW LONG?

Most people will be okay to go back to work. However, as you may be visibly swollen in the mouth or face area, you may want to take a couple of days off, especially if work involves lots of talking or presentations.

REVIEW APPOINTMENT

Normally you will be given a review appointment so that the surgeon can check how successful cryotherapy has been. Sometimes a further session may be necessary or occasionally the affected area may need to be removed surgically.

FURTHER INFORMATION

Additional information or advice regarding this procedure can be obtained by contacting St. Peter's Hospital – telephone **01932 872000** ext 2493 or Ashford Hospital – telephone **01784 884009**.

Additional information can also be obtained by logging on to <http://www.baoms.org.uk/sitemap.asp?id=20>

Other web links

National Institute of Dental and Craniofacial Research
Patient.co.uk

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