

## Is cryotherapy suitable for me?

Cryotherapy is not suitable if you are:

- Under 13
- Have poor circulation
- On anti-coagulants
- Immunosuppressant or have a reduced immune system
- Are taking certain medications e.g. steroids
- Pregnant
- Diabetic

Depending on the location of your verrucae, you may not be suitable for cryotherapy. Generally, verrucae that are over joints or in between toes are not suitable; however, this will be assessed by our Podiatrists.

## How much does it cost?

Your initial appointment costs £85 if you are having multiple verrucae treated and £65 if you are only having one treated.

Any further treatments will cost £45 each time.

## What is a Podiatrist?

A Podiatrist / Chiropodist is a person who is specialized in the lower limb. They are trained to recognize and treat conditions relating to the lower limb. Both titles are now “protected” by the health care professions council (HCPC).

**WARNING:** Foot Health Practitioners are not Podiatrists / Chiropodists and are not regulated by the HCPC.



329 Chester Road  
Castle Bromwich  
B36 0JG  
0121 749 6313



## Cryotherapy: A treatment for Verrucae

## What is cryotherapy?

Cryotherapy is the use of liquid nitrogen to treat verrucae. The liquid freezes the verruca to  $-196^{\circ}\text{C}$ . The aim of this treatment is to destruct the verruca virus by damaging the skin containing the virus.

Due to the destructive nature of the treatment we can treat up to 3 verrucae in one session. However, this is all dependent on the location of the verruca. Depending on the size of the verrucae, we may have to treat them in sections.



## Does it hurt?

As we are using such low temperatures to destruct the virus it is usually quite a painful treatment option. There may also be some discomfort for a short time after the treatment which usually requires no more than paracetamol.

## What can I expect?

After application, we apply something called silver nitrate which aids in the healing process. This will leave a small dark stain which is nothing to be concerned about and will disappear with time.

After the cryotherapy you will have some strapping applied. We may also apply some padding depending on where your verruca is.

Due to the very low temperatures of the liquid nitrogen you may develop a blister following the treatment. As the blister dries it will fall off once the healing is complete.



## What do I need to do after my appointments?

You will need to keep your strapping in place and kept dry for about three days following your appointment. If a blister develops you should leave it be and not be tempted to burst it. If the blister bursts on its own you should salt water bathe the area and dress with an antiseptic like savlon with a plaster over the top, changing it every day to prevent infection. If you are concerned you can contact us and we can check the area for you.

We will see you for a follow up appointment in 6 weeks time for a review and for further application if needed.

## Is it guaranteed to work?

As with any verruca treatment, due to the viral nature of verrucae there is no guarantee that cryotherapy will work but it can be very effective and efficient.