

Having cryotherapy in your mouth (oral cryotherapy)

Oral & Maxillofacial Surgery

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Information for Patients

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What is cryotherapy?

During this procedure we freeze non-cancerous (benign) lesions on the top surface of the skin and soft tissues. This causes them to shrink or disappear.

What happens during the procedure?

We will check to see if the area is suitable for cryotherapy. We will then book you in for an outpatient appointment for the procedure.

You do not need local anaesthetic (numbing the area). We can use local anaesthetic if you find the procedure uncomfortable. We use a metal probe to apply liquid nitrogen to the affected area. This takes 30 to 60 seconds. We may do this 2 to 3 times in 1 session.

At first the area will look white. It takes 2 to 3 minutes for the skin to warm up and look like normal skin again.

What should I expect after treatment?

- You may have some soreness in the area. You can take normal painkillers for this.
- The area may be red and swollen for a few days, sometimes forming an ulcer.
- A scab will form over the next few days. It will fall off in around 1 or 2 weeks. Do not pick the scab as this can cause the area to scar more. The area will look normal slowly, even though some scarring or discoloration is possible long term.
- Your surgeon may advise using Vaseline over the wound whilst it is healing.
- If the wound is on the skin, keep it dry for the first few days. If it becomes wet then gently pat it dry with a clean soft flannel.

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- There is a small chance of infection. This can look like more swelling and discomfort. You may need an antiseptic or antibiotic cream if this does happen.
- If a nearby nerve is also frozen, you may have longer lasting numbness for a few weeks or months.
- Depending on the size and depth of the lesion, more than 1 treatment appointment may be needed. You will have a follow up appointment to check healing, then your surgeon will talk about this with you if more treatment is needed.
- After treatment, eat a soft diet for the first few days to avoid grazing the wound.
- Most people are ok to go back to work the next day. If you are visibly swollen you may need to take a couple of days off work.

Sometimes treatment may not fix the problem or it may come back. In some cases, the lesion may still need to be removed with surgery.

Review

We will arrange a review appointment for 6 to 8 weeks after treatment. At this appointment, the surgeon will check on the lump. They will see if you need more treatment. If you do need more treatment, this may be done on that day, if possible.

Other treatment choices

If the lesion is not causing any problems, and the surgeon feels it is unlikely to cause any issues, you may decide to leave the lesion and have regular check ups with your dentist or GP. In some cases, the surgeon may decide the lesion is better to be removed with surgery. If this is a better option they will talk to you about this.

Contact details

Call **0116 258 5671** or **0116 258 5301**.

Or go to the Emergency Department outside office hours.

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على هذه المعلومات بلغة أخرى، الرجاء الاتصال على رقم الهاتف الذي يظهر في الأسفل

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