Cryotherapy

Skin lesion removal

HELEN HUNT MEDICAL AESTHETICS

What is cryotherapy?

Cryotherapy is a simple and effective treatment that uses controlled cryogenic gas (extreme cold) to freeze and destroy unwanted skin lesions. The treated tissue falls off naturally over time and is replaced with new skin.

Your practitioner will confirm whether cryotherapy is suitable for your specific lesion.

What happens during the procedure?

1. The area is examined and cleaned.
2. Cryogenic gas is applied using a spray device.
3. You may feel intense cold, stinging or mild burning for a few seconds.
4. The treated area will freeze and may turn white.

At a glance

TREATMENT TIME
Usually 5–10 minutes, depending on the size and number of lesions

ANAESTHETIC
Not usually needed

STITCHES
None required

HEALING TIME
1–3 weeks on the face; 3–6 weeks on the body or legs

FOLLOW-UP
A review appointment is included

COMMONLY USED TO TREAT

- Warts
- Skin tags
- Seborrhoeic keratoses (benign 'age spots')
- Actinic keratoses (sun damage spots)
- Some other benign skin lesions

WHY HAVE CRYOTHERAPY?

- Quick, usually a few minutes
- Carried out in clinic
- No stitches required
- Low risk of infection
- Generally very effective

WHAT TO EXPECT AFTERWARDS

- Redness and mild swelling
- A blister (clear or blood-filled) within 24 hours
- Crusting or scabbing
- Mild discomfort for a few days
- The lesion may darken before falling off

AFTERCARE ADVICE

- Keep the area clean and dry; you may gently wash with soap and water
- Do not burst any blister; if it bursts, apply a simple dressing if needed
- Avoid picking or scratching the area
- Protect the area from the sun, and use sunscreen once healed
- Paracetamol can be taken if needed (follow the packet instructions)

POSSIBLE SIDE EFFECTS

- Pain during or after treatment
- Blistering
- Infection (rare)
- Scarring (uncommon)
- Changes in skin colour, especially in darker skin tones
- Temporary numbness

Very rarely, damage to nearby nerves may occur.

WILL I NEED FURTHER TREATMENT?

Some lesions need more than one treatment, so a review appointment is included. Please contact the clinic if you notice:

- Increasing redness, warmth, swelling or pus
- Severe pain or a fever
- The wound not healing after several weeks

IMPORTANT TO KNOW

Cryotherapy is generally very safe, and your practitioner will assess your skin and the lesion carefully before any treatment. If a lesion changes in appearance, bleeds persistently or grows rapidly, please let us know, as further assessment may be needed. Full pre- and aftercare guidance is provided when you book, and again after your treatment. If you have any questions, please call the clinic on 01392 984171. Our team is always happy to help.

Begin with a *consultation*

01392 984171 · enquiries@helenhuntaesthetics.co.uk · helenhuntaesthetics.co.uk

BOOK ONLINE

Be natural. Be beautiful. Be you.

SCAN TO BOOK

© 2026 Helen Hunt Medical Aesthetics Ltd · Exeter · Honiton · Sidford. This leaflet is for general information only. Individual results vary, and your practitioner will assess your suitability at consultation.