

Cryotherapy

What is cryotherapy?

Cryotherapy is a treatment used to reduce your pain for a prolonged period of time. It works by freezing the painful area and destroying the tissue or nerves that are causing your pain.

What will happen?

1. It will be necessary to sit or lie on a trolley depending on the area being treated.
2. Some sedation to relax you may be injected into a vein in your arm before the start of your treatment. Your doctor will discuss this with you.
3. Local anaesthetic will be injected into the area to be treated and a small incision (cut) is made in your skin
4. A special cryotherapy probe is then inserted through the cut allowing the nearby tissues and nerves to be frozen.
5. The probe is removed, the incision is closed and covered with a dressing. After care will be advised.
6. The area treated may feel numb for a while but this feeling will pass.

What happens after my treatment?

You will be given information about removal of the dressing and stitches before going home.

It is sometimes necessary to repeat the treatment after a period of time.

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Are there any side effects?

There may be some bruising or soreness when the local anaesthetic wears off. Your normal painkillers or simple painkillers such as Paracetamol will help this.

Any questions?

If you have any questions please ask the staff in the Pain Clinic or telephone:

01872 252095

If you would like this leaflet in large print, braille, audio version or in another language, please contact the General Office on **01872 252690**