



# Cryotherapy for Skin Lesions

Cryotherapy is a common form of treatment used for all types of lower extremity warts and selective skin lesions. Plantar warts are one of the most common lesions seen in the lower extremity. Warts typically are resistant to multiple forms of therapy, with the most common treatments working successfully approximately 60 % of the time on the first try. Cryotherapy is one of the most successful adjuncts to many over-the-counter wart treatments.

The warts are treated first with debridement and drying agents. Cryotherapy is then applied, which accomplishes two things. First, it causes inflammation. This process causes increased activity in the area of the wart. By causing the increase in activity, the wart material can then become apparent to the immune system as foreign and can be removed. Secondly, this effect will even allow the body to see other warts not treated and remove them as well. If freezing is deep enough, it may cause a blister at the treatment site. The wart will then slough off

if a blister is formed. Since inflammation is a primary ingredient in removing warts, redness at the site of cryotherapy may occur.

Cryotherapy results in high patient satisfaction because the aftercare is minimal and involves minimal patient down time. For more information on cryotherapy, please visit us on the web at [www.pffcpc.com](http://www.pffcpc.com).



This **Industry Insight** was written by Karen K. Luther. Karen K. Luther, D.P.M., Director of Pittsburgh Family Foot Care, P.C., Chief of Podiatry, UPMC Mercy Hospital, Board certified, American Board of Podiatric Surgery, Board certified, National Board of Podiatry Examiners, Doctor of Podiatric Medicine, Pennsylvania College of Podiatric Medicine. 2001 Waterdam Plaza Drive, Suite 207, McMurray, Tel: 724.941.9440 [www.pffcpc.com](http://www.pffcpc.com)

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