

Other complications

Call the Auckland Sexual Health Service if there are signs of infection such as heat, redness, swelling, discharge/pus, fever, or odour (bad smelling).

If you are concerned you can also see your practice nurse or GP.



Adapted with permission from: Cryotherapy After Care. Canberra Hospital and Health Services, Canberra Sexual Health Centre. [Cryotherapy Aftercare.pdf \(act.gov.au\)](https://www.act.gov.au/health-services/sexual-health/cryotherapy-aftercare) accessed online 26th March 2024

Contact us

Phone 0800 739 432 Monday to Friday to book your appointment at one of the Auckland Sexual Health Clinics or visit our website www.ashs.org.nz for more information around opening hours

Locations

Greenlane Clinical Centre
Building 7 Level 3
Greenlane West

North Shore
418 Glenfield Rd
Glenfield

South Auckland
652 Great South Road, Manukau
(Southpoint)

West Auckland
20 Sel Peacock Drive
Henderson

This fact sheet is to provide you with information on cryotherapy. People are strongly advised to check with their healthcare provider about any specific questions or concerns. Every effort has been taken to ensure that the information in this pamphlet is correct

Health New Zealand
Te Whatu Ora
Te Toka Tumai Auckland

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Te Whatu Ora

Auckland Sexual Health Service

Cryotherapy for genital warts - After Care

How does Cryotherapy work?

Cryotherapy uses liquid nitrogen to treat warts and other skin lesions. Cryotherapy works by freezing the lesion, causing direct damage to the wart, eventually removing the wart. It does not prevent warts from developing in the future.

What to expect

During cryotherapy your healthcare provider will spray or directly apply liquid nitrogen on the area being treated to freeze it. The dose, freeze time and delivery method may be different depending on the size of the wart.

The treatment will freeze the wart and a small amount of healthy skin around the wart, this is normal. We wait 30 seconds until it has thawed and then the treatment is repeated.

Freezing can cause a stinging, burning pain that can last several minutes after the treatment is performed. It is normal for it to be uncomfortable the next day.

It is recommended to avoid sexual contact with the treated area, to protect the skin from rubbing, and help it to heal.

Day 1 following treatment

The area treated will often become red and swollen. A blister may form which is harmless. Blisters are best left alone, if you are worried call 0800739432 to speak with a nurse.

Day 2 and 3 following treatment

Leave the treated area uncovered. You can safely wash the area with water, avoid body wash and soap. If the area is weeping or rubbing against clothing you can cover with a dressing. Bathing with salt solution (1 teaspoon of salt to a cup of warm water) may help.

Day 3 and 4 following treatment

At this stage the area will stop weeping and a scab may form which may feel itchy. Try not to touch or scratch the area. The scab will remain in place for up to 2 weeks and then the area should heal.

Final results

It is common for warts to grow back and they often need more than one treatment. If the wart is still present 7-10 days after healing, call the clinic to arrange another appointment. Further cryotherapy or a different treatment may be offered.

Cryotherapy may result in the treated area becoming darker or lighter than it was before. Although the appearance often improves with time, the colour change can be permanent. Scarring can occur even when warts heal by themselves, without cryotherapy.

