

2175 Lemoine Ave, 6th Floor, Fort Lee, NJ 07024 T: (201)886-9000 F: (201)227-1789 144-72 Northern Blvd, Suite 203, Flushing, NY 11354 T: (718)886-9000 F: (718)961-0666 220 E 161ST Street Ground Floor, NY 10451 T: (718)292-9197 F: (718)292-4429 40-12 80TH Street, Elmhurst, NY 11373 T: (718)886-9000 F: (718)961-0666

Cryotherapy Consent Form

Date:	/	/	MR#: #		
Name of Patient:			Date of Birth:	/	/
				,	,

Purpose: Cryotherapy is a treatment that uses liquid nitrogen to remove precancerous lesions, skin tags, warts, seborrheic keratoses, and other skin growths. Liquid nitrogen is the highly pressurized, liquid form of the gaseous nitrogen found in the air that we breathe, and its extremely low temperature allows for rapid freezing.

Proposed Procedure: Cryotherapy treatments are quick and typically do not require local anesthetic. The liquid nitrogen is stored in a spray gun and is sprayed directly on the lesion, rapidly freezing the site. During treatment, the frozen skin turns white until it thaws. The provider may perform several cycles of the cryotherapy treatments depending on the size of the lesion.

Cryotherapy will typically cause swelling and/or blistering of the skin within 24 hours of the treatment. This is a normal and desired reaction, as the blister causes a separation between the skin and the viral growth. Over the course of 1-3 weeks from the time of the treatment, the blister will scab over and fall off, taking part of all of the original growth with it.

Some conditions, such as warts, may require several treatments depending on their sizes and thickness. Patients will return every 2 weeks for further evaluation and treatment, if necessary. At the return visit, the top layer of skin may be removed if the blister has not fallen off on its own.

Side effects: Cryotherapy, while quick and often highly effective, is a painful treatment. Patients may experience pain during and after the liquid nitrogen is applied. Other potential risks include, but are not exclusive to, redness and swelling, blister formation, temporary or permanent (rare) discoloration, infection (rare), non-healing sores at treatment areas, and scarring (rare).

Care Instructions: The bandage applied to the treated area may be removed after 24 hours, and the area may be washed with soap and water daily until it heals, to prevent exposure to dirt and sweat, or to prevent irritation from clothing or picking. If a blister develops, it is important to remember that the top layer of the blister serves as a barrier to prevent infection and should not be forcibly removed. However, *if the blister causes discomfort or pain, a sterilized needle may be used to puncture the blister and drain the enclosed fluid.*

I have read and understand the information contained within this consent. My ward or I am aware of and understand the risks involved with the treatment. My signature indicates that I have read and understood the consent form, and releases Metro Dermatology and my provider from all liability associates with this procedure.

I hereby authorize the office of Metro Dermatology and its licensed practitioners to perform cryotherapy as described and agree to comply with the requirements placed on me by this consent form.

	/ /
Parents/Legal Guardian Signature	Date
	/ /
Provider Signature	Date
	/ /
Witness Signature	Date