

Innovative method to achieve precise cryolysis

Problem

Cryotherapy is a treatment modality used for the treatment of many dermatoses. Liquid nitrogen is the ideal method for cryotherapy due to its no-touch technique and lower boiling point.¹ Unfortunately, the higher cost, limited availability and wastage in storage are a few limitations encountered with the use of liquid nitrogen. In such instances, nitrous oxide is preferred because of its easy storage and availability as it is also widely used in operation theaters in most hospitals. However, the conventional probes available for nitrous oxide are larger in size and are not ideal for treating fine lesions.

Solution

To overcome this problem, we propose the use of cryoprobes which are generally used in eye surgery [Figure 1]. They are available in sizes ranging from 1.0 mm to 4.0 mm. They are angulated and provide better precision due to their smaller size and better handling which makes them ideal for precise cryolysis, especially in small lesions like molluscum, warts, etc. [Figures 2-4].²⁻⁴ This is particularly useful in pediatric patients who are more apprehensive towards pain and needles. The use of this method also decreases risk of overtreatment and prevents adverse effects.



Figure 1: Comparison of different ophthalmic cryoprobes



Figure 2: Pre-procedure image of lesion

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Figure 3: Cryolysis done using ophthalmic cryoprobe



Figure 4: Image of the lesion 3 weeks post-procedure

Declaration of patient consent

The authors certify that they have obtained all appropriate patient consent.

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Nil.

Conflicts of interest

There are no conflicts of interest.

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