

## Cryotherapy at X-ray unit

You have been diagnosed with a lesion. Your doctor has requested cryotherapy treatment for the lesion.

A radiologist will carry out the treatment by freezing the area of the lesion using special needles.

During the treatment, the radiologist will take images of you with a computer tomography device (CT) by using X-rays.

The treatment is also called cryoablation.

You have been asked to come to the inpatient ward for the treatment. You will be able to go home the day following the treatment.

Be prepared for pain and swelling in the treated area for 2 to 7 days after the treatment.

When you come to hospital, wear clothes that are not tight over the area that will be treated.

### Before the treatment

- Do not drink or eat according to the instructions you get from the unit treating you.
- Take the medicines prescribed by your doctor with a small amount of water.

- If you take **medication that affects blood coagulation**, you will be given separate instructions for taking the medication by the unit that referred you to the procedure.
- If you are **allergic to the contrast iodine contrast agent**, tell the nurse at the inpatient ward about it.

### During the treatment

The treatment at the X-ray unit may last several hours. The treatment will be carried out under general anesthesia.

For the anesthesia, you will be taken to a recovery room before the treatment.

In the recovery room, a cannula will be inserted. The anesthesiologist will then administer the anesthetic.

If it is known that the treatment will last for several hours, a thin tube called a catheter will be inserted into your urinary bladder. The urine will flow through the tube into a bag because you cannot go to toilet during the treatment.

You may therefore have a catheter when you wake up after the treatment. The nurse will remove the catheter before you are discharged.

From the recovery room, you will be moved to the X-ray unit for the treatment.

The anesthesiologist and the anesthesia nurse will monitor your condition during the whole treatment.

During the treatment, you will lie on the examination table either on your back or on your stomach.

The radiologist will insert needles into the lesion that will be treated. The lesion will be frozen and warmed up several times. Freezing destroys the cells in the lesion.

The radiologist will take CT images of you during the treatment.

They will use the images to ensure that only the desired area is frozen.

In addition, the radiologist checks from the images that the area has been frozen sufficiently.

The needles leave small spot-like puncture wounds on the skin. They will be covered with plasters in the X-ray unit.

The nurse in the inpatient ward will remove the plasters on the following morning.

### After the treatment

After the treatment, you will be taken back to the recovery room, where you will wake up. From the recovery room, you will be taken back to the inpatient ward.

- The treated area is often painful and swollen for 2 to 7 days after the treatment.
- Do not go to sauna, swim or have a bath for 3 days.
- You can take paracetamol (for example, Panadol® or Paratabs®) or ibuprofen (for example, Burana® or Ibumax®) for pain.

**Do not take** acetylsalicylic acid (for example, Aspirin® or Disperin®).

- The treated lesion will shrink slowly during the months following the treatment.
- You will get more specific after-care instructions suitable for you from the inpatient ward.

### Further information

If you need more information on cryotherapy, call the inpatient ward that sent you the invitation to the treatment.