



## **Cryotherapy**

Cryotherapy is also known as cold or freeze therapy. It is used to destroy abnormal cells on the cervix or vulva. It is generally used to treat mild dysplasia of the cervix and genital warts (HPV). Cryotherapy is performed in the doctor's office, requires no anesthesia and lasts only a few minutes. During the procedure, liquid nitrogen is applied to the cervix with a probe causing an "ice ball" to form. Because mild cramping can occur with the procedure, pretreatment with Ibuprofen is recommended. Following cryotherapy there may be a watery discharge for several hours to several days.. Discharge and light spotting may occur as the cervix heals. Tampons and intercourse should be avoided for 2 weeks after the procedure. A repeat pap smear should be obtained three months after cryotherapy.