

WHEN YOU ARE TREATED FOR SEBORRHOEIC KERATOSIS (SEBORRHOEIC WART)



What is seborrheic keratosis?

Also known as “seborrheic wart,” “barnacle,” “wisdom wart” and “senile wart,” seborrheic keratosis develops as a benign, wart-like skin growth, typically on the upper body, face, arms and legs.

Seborrheic warts are a common type of skin change that most people develop at least once during their life but which is more frequent in the elderly – particularly in those with fair skin tones.

The cause of this skin change is as yet unknown. We do know, however, that seborrheic warts are neither hereditary nor infectious. This means that you cannot prevent seborrheic warts.

Seborrheic warts vary in appearance and may resemble a flat raisin, from skin-coloured to brownish black and between a few millimetres to 3 cm in diameter. In some cases, seborrheic warts may grow larger than 3 cm in diameter.

Seborrheic warts are benign and do not give rise to any symptoms. They can grow over time, however, causing itching and skin irritation, and some may also want to remove seborrheic warts for cosmetic reasons.

What is cryosurgery?

An efficient method for removing seborrheic warts is to destroy the infected layer of skin by freezing, also called cryosurgery. Cryosurgery has been used for treatment of skin lesions for about 100 years.

Cryo is the Greek word for “cold,” and surgery is derived from the Greek word kheirourgia meaning “working by hand.”

Freezing the infected layer of skin without damaging the healthy skin below is possible because the thin top layer of skin is much more sensitive to changes in temperature than the deeper layers of skin.



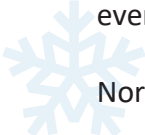
Treatment with cryosurgery

Hydrozid® is a cryosurgical treatment.

The treatment consists of the gas norflurane which is briefly sprayed on the seborrheic wart and destroys the infected layer of skin at a temperature of -50°C , which eventually makes the seborrheic wart disappear.

Norflurane contains no harmful substances and offers a simple and efficient treatment of seborrheic warts.

Even cryosurgery may require to be repeated before the treatment of the seborrheic wart is completed. In



these cases, you are recommended to receive treatment again after 1-2 weeks, depending on your therapist's assessment.

Before treatment

The therapist may decide to treat seborrhoeic warts with cryosurgery alone in certain cases, and with a combination of cryosurgery and paring in other instances.

If opting for the latter, the therapist will first freeze the wart and then pare it.

During treatment

There is no need for anaesthesia during treatment.

Hydrozid® will be sprayed directly on the seborrhoeic wart for 6 seconds. The frozen area will immediately be visible as a snow-white section. When the treated area is no longer white, the area will have thawed, and the treatment will be repeated for a total of 2-3 times, corresponding to a total treatment time of 12-18 seconds.

Treatment with such cold temperatures may cause a stinging or burning sensation while the seborrhoeic wart is being frozen. These sensations may be particularly enhanced in case of treatment in and around temples, forehead and scalp.

After treatment

Treatment in the area around temples, forehead and scalp may trigger headaches after completed treatment. After treatment, the treated area may appear red, tender and swollen. The heat and reddening are caused by dilated blood vessels in the treated area.

Dilation of the vessels also cause swelling. These symptoms are a natural part of wound healing.

Already a few hours after treatment, new skin begins to form in the treated area. Ulceration and small blisters may subsequently occur in the treated area.

If a scab is formed, it will be complete after about 72 hours and will fall off during the next 2-3 weeks. It is important to leave the scab for as long as possible to reduce the risk of scarring.

To prevent the risk of infection, you should keep the treated area clean by washing it daily with water and non-perfumed soap and avoid picking or scratching the treated area. During wound healing, it is natural for the treated area to start itching.

Until the treated area is fully healed, after 10-14 days, you should stay out of the sun and instead wear sunscreen or a plaster on the treated area to reduce the risk of pigment changes.

Treatment with cryosurgery may cause changes in pigmentation of the skin in rare cases. This means that in fair skin, a lightening of the skin in the treated area may appear (hypopigmentation), while in dark skin a darkening of the skin in the treated area may appear (hyperpigmentation) after the completion of treatment. This change may be permanent.

Inform your therapist!

For a small number of patients, cryosurgery must be used with caution.

You must therefore let your therapist know if you:

- suffer from poor circulation, for instance due to diabetes
- have been treated with inhaled steroids for a prolonged period of time, e.g. in case of systemic scleroderma
- suffer from globulinemia, Raynaud's disease, cold urticaria or blood dyscrasias