

Renata Strumia

## Abstract

Cryomassage is used when a slight freeze over a large surface is desired. A cotton-tipped dipstick or a probe are applied on the lesion using the rotary or spiral pattern of the paintbrush method. The cotton-wool or probe stays in contact with the skin for 1–3 s until it blanches momentarily. Main indications are facial erythrosis, rosacea, alopecia areata and large solar lentigo.

## Keywords

Cryomassage • Erythrosis • Rosacea • Alopecia areata • Solar lentigo

Variations of the cotton-tipped dipstick and probe method of liquid nitrogen application include “cryomassage”. This technique is used when a slight freeze on a large surface is requested. Only benign lesions can be treated in this manner.

A cotton-tipped dipstick or a probe is applied on the lesional skin with a rotary or spiral pattern or a paintbrush method (Fig. 41.1). The cotton-wool or the probe stays in contact with the skin for 1–3 s until it blanches momentarily from freezing. In older people and in those with thin skin, cryomassage should be light and rapid; younger people may benefit more from a heavier slower massage.

The main indications are facial erythrosis, rosacea, alopecia areata and large solar lentigo. Cryomassage can be repeated every 20–30 days for months.



**Fig. 41.1** The cotton-tipped dipstick is rolled over the lesion using a rotary or spiral pattern

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