

Cryotherapy



The Dermatology service offers specialist care to patients with skin conditions such as acne, blistering skin, drug-related rash, eczema, hair and nail-related problems, pigmented skin lesions (moles, seborrhoeic warts, solar lentigo), psoriasis, skin cancer, skin infections (viral warts, shingles, impetigo) and urticaria. Specialist outpatient clinics are offered at the Ng Teng Fong General Hospital (NTFGH) and Jurong Medical Centre. Inpatient dermatological care is offered at NTFGH. We also perform skin biopsy, skin-scraping and nail-clipping for mycology, dermoscopy of pigmented lesions, removal of benign skin lesions (skin tags, moles), excision of malignant skin tumours, cryotherapy and carbon dioxide laser for stubborn viral warts.

What is cryotherapy?

Cryotherapy is a treatment that 'freezes' the lesion on your skin with liquid nitrogen to help it to heal.

It is normally used for:

- Pre-cancerous skin lesions (actinic keratoses, bowen's disease)
- Seborrhoeic warts and solar lentigines (referred to as 'age and sun spots')
- Superficial basal cell carcinomas
- Viral warts



What does the procedure involve?

Cryotherapy is performed as an outpatient procedure. Lasting a few seconds, liquid nitrogen is applied to the skin lesion using a spray gun and some pain may be felt. Once the skin lesion returns to its normal skin colour, the procedure is repeated.

Possible side effects

- Infection (rare)
- Occasional blistering. The use of a sterile needle can help to relieve pain and pressure
- Pigmentation changes
- Redness and swelling that will go away after a few days
- Scarring (uncommon)

For conditions such as viral warts, a single treatment of cryotherapy may not be effective to treat it. Several sessions may be required before it heals completely. Please speak to a member of our team to find out more.

For more information

Ng Teng Fong General Hospital and Jurong Community Hospital

1 Jurong East St 21, Singapore 609606

www.ntfgh.com.sg | www.jch.com.sg

Clinic opening hours

Monday – Friday: 8.30am – 5.30pm

Saturday: 8.30am – 12.30pm (Selected clinics only*)

Dental Clinic: Monday – Thursday: 8.00am – 5.30pm, Friday: 8.00am – 5.00pm

*Please refer to our websites for more details.

General enquiries & appointments

General enquiries line: 6908 2222 (24-hr)

Fax: 6716 5500 | Email: contactus@nuhs.edu.sg

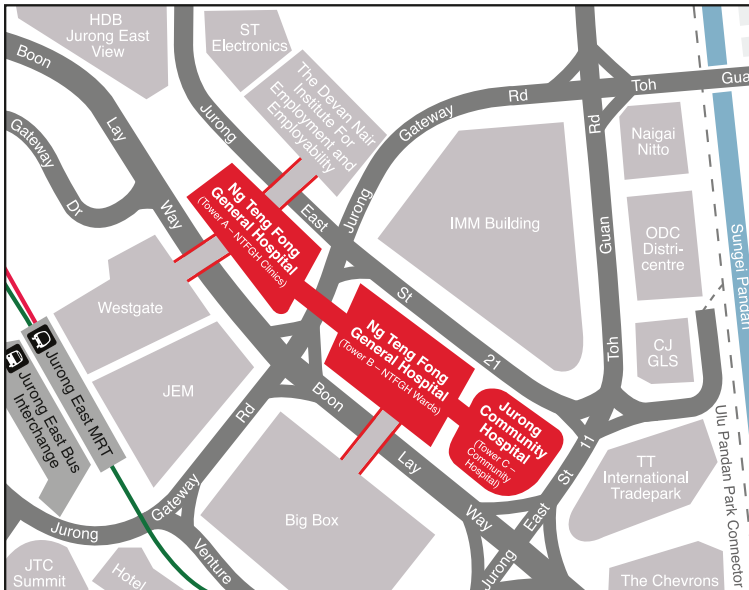
Appointment line: 6908 2222 (Monday – Friday: 8.00am – 5.30pm, Saturday: 8.00am – 12.30pm)

Fax: 6716 2200 | Email: appointment@nuhs.edu.sg

Dental appointment line: 6716 2233 (Monday – Friday: 8.00am – 5.30pm)

Fax: 6716 2200 | Email: JHCampus_Dental@nuhs.edu.sg

Getting there



By train

Alight at Jurong East MRT Station

By bus

Jurong East Bus Interchange

41, 49, 51, 52, 66, 66B, 78, 78A, 79, 79A, 97, 97E, 98, 98M, 105, 143, 143M, 160, 160A, 160M, 183, 183B, 197, 333, 334, 335, 506

Along Boon Lay Way

49, 99, 333, Private bus service 625, 990

Disclaimer:

The information in this brochure is meant for educational purposes and should not be used as a substitute for medical diagnosis or treatment. Please seek your doctor's advice before starting any treatment or if you have any questions related to your health, physical fitness or medical condition. Information is accurate at the time of printing.