

# Cryotherapy for Chronic Pain Management

If you need this leaflet in a different language or accessible format  
please speak to a member of staff who can arrange it for you.

اگر به این بروشور به زبان دیگر یا در قالب دسترس پذیر نیاز دارید،  
لطفاً با یکی از کارکنان صحبت کنید تا آن را برای شما تهیه کند.

Jeśli niniejsza ulotka ma być dostępna w innym języku lub formie,  
proszę skontaktować się z członkiem personelu, który ją dla Państwa przygotowuje.

Dacă aveți nevoie de această broșură într-o altă limbă sau într-un format accesibil,  
vă rog să discutați cu un membru al personalului să se ocupe  
de acest lucru pentru dumneavoastră

如果您需要本传单的其他语言版本或无障碍格式，请联系工作人员为您安排。

يسهل الوصول إليه، يرجى التحدث إلى أحد الموظفين لترتيب ذلك لك.  
إذا احتجت إلى هذه النشرة بلغة أخرى، أو بتنسيق

Southport & Formby Hospital  
Town Lane, Kew,  
Southport, Merseyside,  
PR8 6PN  
Telephone: 01704 547471

Ormskirk Hospital  
Dicconson Way, Wigan Road,  
Ormskirk, Lancashire, L39 2AZ  
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[www.MerseyWestLancs.co.uk](http://www.MerseyWestLancs.co.uk)

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The aim of this procedure is to lessen the experience of pain. Time in the pain management clinic is available for you to discuss possible options available with the doctor providing this treatment.

## What is Cryotherapy?

Also known as cold therapy. This is a technique used to help reduce pain and swelling via a probe which uses extreme cold. It works by decreasing feeling in the painful area by reducing the ability of the nerve ending to conduct painful impulses.

Local anaesthetic will be injected into the site that is to be treated, numbing the area. A cryoprobe will then be inserted to freeze the nerves around the painful site.

This does not destroy the nerves as they will regenerate in time, but it hopefully will give you a few weeks/months reduced pain in that area. You may experience longer or shorter pain relief than this, as every person is different.

To receive the injection you will be required to lie or sit down on a theatre table throughout the procedure.

There may be some discomfort at the time of the injection but this will not last long.

It is safe to take your normal medication and eat breakfast prior to attending the hospital.

## Special instructions

Please do not drive for 24hrs after this procedure.

**Contact information if you are worried about your condition is**  
GP

## Other useful telephone numbers

NHS 111

Stop Smoking Helpline (Sefton) – 0300 100 1000

Stop Smoking Helpline (West Lancashire) – 0800 328 6297

During your contact with us, it is important that you are happy with your care and treatment. Please speak to a member of staff and/or the ward/department Sister/Charge Nurse if you have questions or concerns.

### Matron

A Matron is also available during the hours of 9am to 5pm Monday to Friday. During these periods, ward/department staff can contact Matron to arrange to meet with you. Out of hours, a Senior Nurse can be contacted via the ward/department to deal with any concerns you may have.

### Infection Control Request

Preventing infections is a crucial part of our patients' care. To ensure that our standards remain high our staff have regular infection prevention and control training and their practice is monitored in the workplace. We ask patients and visitors to assist us in preventing infections by cleaning their hands at regular intervals and informing staff of areas within the hospital that appear soiled.

As a patient there may be times that you are unsure whether a staff member has cleaned their hands; if in doubt please ask the staff member and they will be only too happy to put your mind at ease by cleaning their hands so that you can see them.

Please read your appointment card carefully as this will tell you the clinic area and the hospital site you must attend for this procedure.

### Risks/side effects

Further information on the risk can be found in the consent form. There is a small chance of a Pneumothorax following cryotherapy to an intercostal nerve.

### Infection

There is a small chance of wound infection or the potential for deeper infection. We do take every measure to avoid this and procedures are conducted in a theatre environment aseptically to reduce risk.

### Bleeding

There is a small chance you may get some bleeding and or bruising around the injection site, this will usually settle after a few days.

### Nerve Injury

This procedure is designed to hopefully produce a semi-permanent blockage of the sensory nerve. This will result in numbness in the localised area of the body supplied by the treated sensory nerves.

## Injection Site Tenderness

You may experience some injection site tenderness and increased pain for a few days or hours after injection. This generally settles on its own.

## Alternative Treatment Options

If you decide not to have the procedure your alternative option is to continue to manage your pain conservatively.

This may be assisted with physiotherapy and referral to a pain management programme if you are suitable.

In some cases if appropriate and clinically indicated, you may choose to proceed with surgery instead of this treatment.

The main aims, benefits and alternatives to a Cryotherapy Injection have been outlined within the leaflet. If you decide you do not wish to go ahead with your planned procedure, please contact the Waiting List office on 01695 656670 to inform them of your decision as soon as possible.

On the day of your injection, you and your doctor will sign the consent form together to document your consent to proceed with the procedure.

This patient information leaflet is intended to be used to support discussion during your clinical consultation. If there is anything you do not understand or are unsure about, please ask the doctor at your appointment or contact the team.

**You must not drive for 24hours following this procedure**

## Contact Details

Chronic Pain Management Contact Details  
(01704) 704201  
Monday - Wednesday

Chronic Pain Management Contact Details  
(01695) 656421  
Wednesday – Fridays

Appointments Office 01695 656680  
Contact details are on your appointment letter.

Daycase Waiting List Office 01695 656007

Specialist Nurse and Pain Nurses  
Telephone: 01704 705132