

Cryoanalgesia (cryo) - The Procedure

Pre-op Work-up

A significant amount of time is spent during the pre-procedure work-up discussing the etiology of the patient's problem and discussing the various conservative and surgical options. All necessary diagnostic tests and procedures are performed to determine the exact diagnosis and when it is determined that the patient would benefit from the procedure, the risks, complications and expected post-op course and expected post-op results are discussed in great detail. All questions are asked and answered.

Day of Procedure

The procedure is done in-office under local anesthesia. To alleviate any fears, it should be noted that in a comprehensive poll, 100% of patients have said that they would have the cryo procedure performed again, if necessary, and related no unpleasantness.

After a local anesthetic injection in the area where the incision will be made, a second deeper injection is placed directly onto the nerve branch where the procedure will be performed. After the foot is prepped for the procedure, a small two to three millimeter incision is made in the skin and the cryo probe is placed through the incision and directed to the nerve. Using ultrasound, the probe is guided to and placed onto the nerve branch and the procedure is performed. The actual procedure takes approximately seven minutes per nerve branch. No stitches are needed. A small compressive dressing is applied.

Post-op Care

The patient keeps the dressing clean and dry and intact for three days. After removal of the dressing, no post-op care is needed. The patient may return to full activity to tolerance, usually within three days.