

Disposable paper cup as a cheap and ready-to-use stencil for spot cryo treatment



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THERAPEUTIC CHALLENGE

Some of the commonly encountered problems of cryotherapy with liquid nitrogen include lateral dispersion of the cryogen during freezing, pain due to the freezing of the adnexal area, and difficulty administering cryogen in sensitive areas like the ala nasi or columella. Commercially available CryoCones and otoscope speculums are commonly used devices to aid in targeted delivery with minimal lateral spread.^{1,2} However, the fixed size is a main limitation of these devices.

SOLUTION

We find that a disposable thick paper cup with a window the size of the lesion cut out at the base works much better and enhances cryogen delivery. An ink impression is made to measure the size of

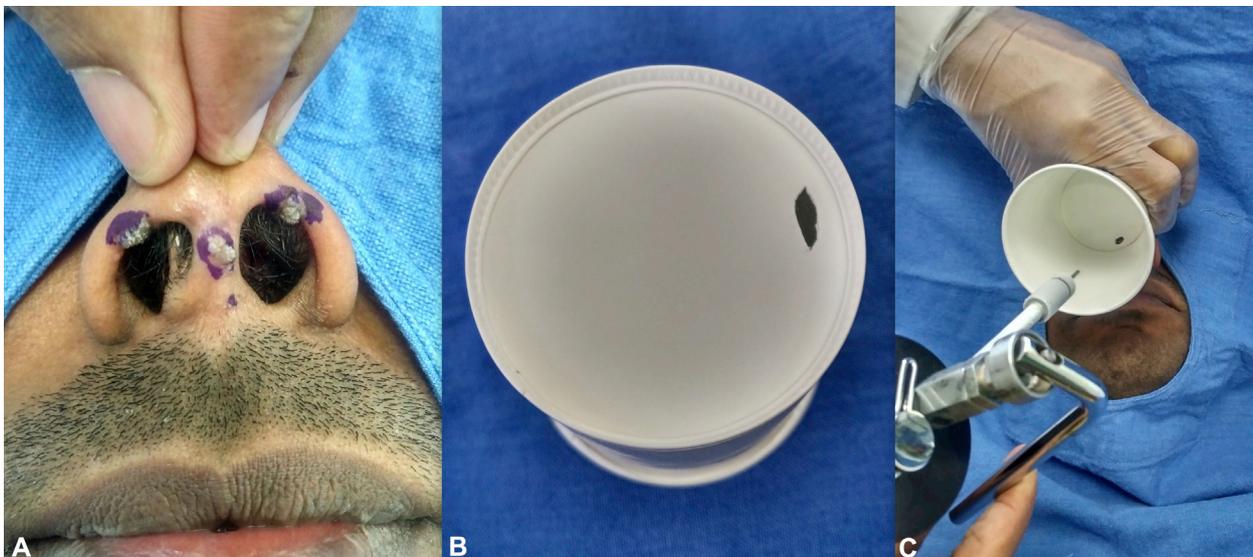


Fig 1. **A,** Warts on the ala nasi and columella. **B,** Paper cup with window cut to size. **C,** Cryogen being administered into the cup with ease. Cryogen fumes automatically get diverted outwards through the top of the cup.

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the lesion and is used as a guide to cut the window at the base of the tumbler. The cup is then placed on the lesion and cryogen is administered to the lesions through the tumbler space (Fig 1). The nozzle can be directed close to the target, and because of the optimal window size, there is hardly any lateral dispersion. Hence, the patient feels comfortable, even when cryogen is administered to sensitive and painful areas like the ala of the nose (Video); this technique even works with children. There is optimal freezing of the target and almost no lateral dispersion of the cryogen, which makes this technique effective and simple to use.

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