



ACNE, ROSACEA, AND RELATED DISORDERS (INCLUDING HIDRADENITIS SUPPURATIVA)

## CRYOTHERAPY IN ROSACEA

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Introduction: Cryotherapy has been used in medicine for many centuries. Nowadays there are sparse reports and most of guidelines do not mention it as a choice of treatment.

In 1889, White initiated the treatment with liquid air to produce local freezing in the skin layers to treat various skin disorders. In 1907 Pusey initiated solid carbon dioxide ('snow') as local freezing agent and it has been used, for decades, in dermatology.

It was believed by Bachelin (1926), Lortat and Solente (1930) that an initial short vasoconstriction, followed by transitory vasodilatation, would induce durable vasoconstriction, obliteration of small dermal vessels and discrete inflammation.

Objective: To evaluate the response to treatment, clinical examination and patient's appreciation of Cryotherapy in Rosacea.

Materials and Methods: We present case series of Rosacea treated by cryotherapy; the source was carbon dioxide from a cylinder of the gas.

We used Way's method (1939): we rolled a slush into "a snow ball" and applied it on the face according to different parameters, such as: age; type of skin; previous treatments.

The patient's neck was protected by a towel and increased attention was paid to the periorbital areas.

An experienced practitioner appreciates the intensity and duration of each treatment; for hospitalized patients the maximum length of therapy should be 10 consecutive days, each session alternating from seconds to two minutes.

After local freezing, a masque containing ichtyol is applied on the face for 60 minutes, followed by cleaning with water, soap and emollient.

Results: We present pictures of patients diagnosed with Rosacea before, during and after cryotherapy.

Conclusions: Cryotherapy could be associated with administration of systemic antibiotics in





cases of pustular rosacea or demodecidosis.

The method could be applicable to all types of rosacea. Complete remission is not obtained, but clear amelioration of skin appearance could be considered.

