

CRYOTHERAPY CONTRAINDICATIONS

SCLERODERMA AKA CRANIAL ARTHRITIS/GIANT CELL ARTHRITIS

Localised (skin) systemic (skin, blood, circulation and internal organs). Thickened skin, face, scalp, leg or arm. Itchy, can affect skin anywhere on the body. Looks like oval skin patches.

RAYNAUD'S PHENOMENON

This affects the blood supply to certain parts of your body, normally fingertips and toes. They normally change colour and are painful. It's narrowing of small blood vessels on exposure to cold, change of temperature or stress. In most cases, it's an underlying symptom of the above.

IMMUNO SUPPRESSION

Immunodeficiency disorders are a group of disorders in which part of the immune system is missing or defective. Therefore the body's ability to fight infections is impaired. As a result, the person with an immunodeficiency disorder will have frequent infections that are generally more severe and last longer.

CRYOGLOBULINEMIA

Means cold antibody in the blood. Drug use is a prime risk. Hepatitis C is acquired by injecting. Cryoglobulins are antibodies that precipitate (occur unexpectedly and/or prematurely under cold conditions).

MULTIPLE MYELOMA

This is a cancer that starts in the bone marrow's plasma cells. These cells usually produce the antibodies that fight infections. In Myeloma these cells produce abnormal proteins that stop antibody production. This adversely affects the inflammatory process and the immune system, thereby preventing the healing process and stopping Cryotherapy treatment from being effective against lesions.

PYODERMA GANGRENOSUM

Necrotic condition causing deep ulcers that usually occur on the legs. When they occur they lead to chronic wounds. Ulcers usually initially look like small bug bites and become larger. Two main types;

- The typical ulcerative form which occurs in the legs.
- An atypical form that is more superficial and occurs in the hands and other parts of the body.

ANTIHISTAMINES

The natural histamine produced by the body forms part of the healing response and should not be suppressed. It is advised that you do not take any histamine for 48 hours in advance and 24 hours following a Cryotherapy treatment.

PLATELET DEFICIENCY DISEASE

Blood is made up of several types of cells floating in liquid known as plasma. Types of blood cells;

- Red blood cells
- White blood cells
- Platelets or Thrombocytes
- When your skin is injured or broken, platelets group together and form clots to prevent bleeding. Without enough platelets in the blood, the body cannot create blood clots.
- Low platelets can also be known as Thrombocytopenia – low platelets are a result of a medical condition i.e. certain drugs, Leukaemia.
- Bone marrow is the spongy inside of your bone. This is where all components of blood including platelets are formed. If your bone marrow is not producing enough platelets you will have a low platelet count.

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PREGNANCY & BREASTFEEDING

For obvious reasons, it is not advisable to complete treatments whilst pregnant.

CRYOTHERAPY **CANNOT** BE USED IF YOU HAVE ANY OF THE FOLLOWING CONDITIONS:

- Hepatitis
- Diabetes
- Compromised Auto-Immune System
- Human T-Cell Lymphotropic Virus Type III (HTLV III)
- Lymphadenopathy Associated Virus (LAV)
- Transmissible Spongiform Encephalopathy (TSE), Creutzfeldt-Jakob Disease (CJD), variant Creutzfeldt-Jakob Disease (vCJD), new variant Creutzfeldt-Jakob Disease (nvCJD) or any syndrome, condition or virus of a similar kind to the foregoing specific medical conditions listed above, howsoever it may be named, or any mutation, derivative or variation thereof.

DERMAL FILLERS

Avoid treating any area that has been previously treated using dermal fillers as pitting may result if the dermal filler has not been placed correctly.

- Please note that if the immune system is in any way compromised by a medical condition that is so far undiagnosed or even as a result of the flu or perhaps a common cold, then your immune system may be compromised which may result in unpredictable healing.

ORAL MEDICATION WHICH AFFECTS HEALING IN WOUNDS OR TISSUE DAMAGE

| DRUG | ACTION | EFFECT |
|---|---|--|
| Anticoagulants: Warfarin, Heparin, Coumarin, Apixaban | Prevents platelets sticking and clots forming | May cause extensive bruising |
| NSAIs: Aspirin, Ibuprofen, Brufen (ok in low dose i.e. daily aspirin for prevention) | Reduces inflammatory response, slows healing | Extends healing |
| Immunosuppressants (oral Steroids): Prednisolone, Prediolone, Methylprednisolone, Medrol, Cyclosporin, Azothiaprime | Reduces healing by preventing white blood cell activity | Prevents healing activity |
| Cyclooxygenase inhibitors: DF118 Voltarol | Pain relief, reduce action of inflammatory response | Slows healing |
| Chemotherapy (oral): Methotrexate | Causes cell destruction, reduces white blood cells | Prevents healing |
| Tricyclic medication: Nortriptyline, Amitriptyline | Used as antidepressant, to treat nerve pain | Prevents cellular reproduction from starting by stopping the action of histamine |
| Appetite suppressants: E.g. XLS medical | Reduces hormonal response to eating, reduces absorption of fats and carbs | Slows down the inflammatory response needed for skin healing to happen after Cryotherapy |