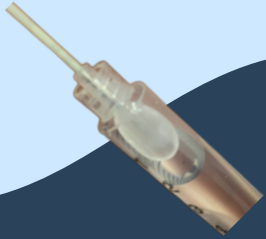


# WHAT IS CRYONEUROLYSIS?



## What is cryoneurolysis?

Cryoneurolysis is a non-surgical procedure in which spasticity or pain is treated through the targeted destruction of one or more nerves. The nerve will regenerate over time. Cryoneurolysis eliminates overactive messages from certain nerves, a factor behind spasticity and pain.

## Why cryoneurolysis?

Compared to other treatments, cryoneurolysis has been found to last longer. It has surgical-like effects and involves no medication. It addresses pain and spasticity.

## The cryoneurolysis procedure:

A needle called a cryoprobe is inserted under ultrasound and electrostimulation guidance near a targeted nerve. A canister of nitrous oxide in the handheld machine causes the freezing reaction. Using water from inside the body to create an ice ball, the cryoprobe freezes and destroys the targeted nerve, which can then regrow.

# RISKS & COMPLICATIONS

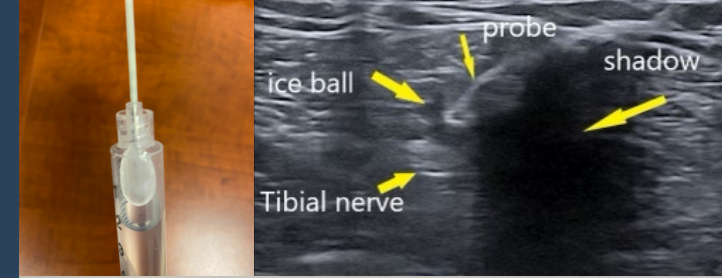
The most common side effects include:

- Bruising or swelling
- Bleeding at the injection site
- Cramping
- Soreness

Patients have reported:

- Unwanted numbness
- Nerve pain
- Weakness
- Temporary skin infection

If you experience any side effects, please let your doctor know. Side effects almost always resolve within one month.



# CRYONEUROLYSIS PATIENT INFORMATION

## Contact Us

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# PREPARING FOR YOUR PROCEDURE

- You are free to eat and drink normally leading up to your procedure as long as you are **not** receiving sedation. You may want to have a snack and a drink before your procedure.
- If you have any latex allergies or if you have had any allergic reactions to any medications in the past, particularly to lidocaine, please let your doctor know. Lidocaine is a numbing medication administered during the procedure.

Further reading about cryoneurolysis:

A scientific publication on cryoneurolysis:



A comprehensive study on the side effects associated with cryoneurolysis:



# THE PROCEDURE BEFORE

- Wear loose, comfortable clothing to your appointment. Shorts or a tank top are ideal.
- As there is no sedation for this procedure, some patients take a painkiller or lorazepam (Ativan) prior to their appointment.
- Before the procedure, our team will perform range of motion measurements on the limb(s) that will be receiving the cryoneurolysis.

## DURING

- Pain and cramping or burning nerve pain are expected during the procedure. However, this settles quickly for most patients.
- Some patients experience lightheadedness.

## AFTER

- You can leave shortly after the procedure if you feel stable.
- We recommend that you have someone drive you to and from your appointment.
- You will likely have bruising and some residual soreness as your muscles adjust to your new range of motion.
- Ensure that you follow up with a physiotherapist after your procedure.

# FAQs

**Q: How long will the procedure take?**

**A:** Depending on the number and type of nerves you are receiving cryoneurolysis to, the procedure may take anywhere from 45 to 90 minutes. As our clinic is busy and procedures can go over time, plan to spend up to 3 hours in the clinic, as waiting times may vary.

**Q: How frequently will I need to have this procedure performed?**

**A:** We have observed that the effects of cryoneurolysis will last from months to years, and can even be permanent. This is highly variable however, and depends on the individual, their medical condition, and the area(s) of the body receiving cryoneurolysis.

**Q: How is cryoneurolysis different from other treatments?**

**A:** Cryoneurolysis does not use or inject any medications or toxins. The gas in the probe will not enter your body. Instead, the cryoprobe freezes water from within your own body to create an ice ball that freezes the targeted nerve in order to relieve pain or spasticity.