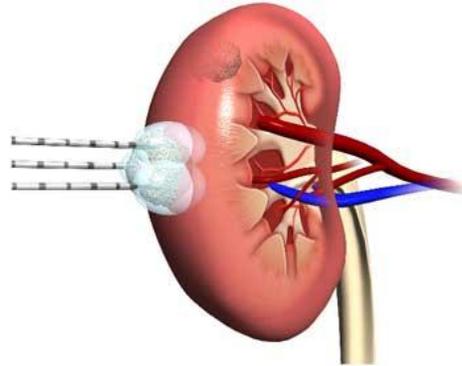


Interventional Radiology Patient Discharge Education Cryoablation Treatment

Cryoablation is a treatment that freezes abnormal or tumor cells. A needle probe is inserted into the tumor using CT guidance and releases a gas (argon) which decreases the temperature of the treatment area and destroys the abnormal cells. Depending on the size of the tumor, cryoablation can shrink or kill the tumor. This procedure can often be repeated if the cancer comes back (recurs), or if the tumor has an incomplete response. We cannot see cancer cells only tumors.



EXPECTED SIDE EFFECTS:

Most patients have few side effects following cryoablation treatment. Listed below are a few common complaints from patients.

Treatment site pain for a few days following treatment. This usually does not require more than a few days of prescription pain medicine and many patients only use over the counter pain medication.

Fluid accumulation at incision site which may move to other parts of the body such as waist, abdomen or testicles (cryoablation of prostate). The fluid will resorb in 10-14 days.

Redness and swelling where cryoablation (freezing) was performed. The dead tissue will feel larger and harder after the procedure. This is all normal. This will take 30-90 days to shrink. The dead tissue will never disappear as it is now a dead tumor scar.

Going Home:

Diet: There are no dietary restrictions specifically due to this procedure. If you had restrictions prior due to other treatments or diseases such as diabetes, cardiovascular disease, or renal disease, continue with these.

Activity: Do not plan anything active or requiring your close attention for the first few days following discharge from the facility. If you work, you may return as soon as you feel able. Most patients do not need more than 1-2 days away from work.

****A responsible adult must accompany you home from the facility. This is a company policy for your safety****

Bathing: It is okay to shower 24 hrs after the procedure. Gently wash the insertion site with hydrogen peroxide, do not scrub. Do not bathe or soak in water for 5 days following the procedure. You may shower as long as the wound is covered.

You may change the dressing as often as you need. Once a scab forms you no longer need to cover.

Medications: Usually, your pre-procedure medications do not change. You will be told before discharge if any of your medicines change. The following medications **may** be prescribed to you upon discharge IN ADDITION to your normal medicines:

1. Narcotic pain medicine, usually Percocet or Dilaudid. Take this if you have pain, but not more frequently than every four hours

****Do not drive after taking this medicine, it causes drowsiness**

****If the bottle says it has Acetaminophen with it, do not take additional Tylenol while taking this medication.**

****This medicine causes constipation. If this is a problem for you, increase your fluid intake and take an over the counter stool softener such as magnesium or dulcolax. Call us if you have not had a bowel movement in more than three days.**

2. Anti-nausea medication, either Phenergan or Zofran.

Follow Up:

- We recommend calling Dr. Stryker's office to set up a follow up appointment after you are discharged from the facility. Every doctor is different in when they want to see their patients after treatment but they will be glad to hear that your treatment was performed and you are doing well.
- Follow up imaging is ordered either by us or your referring doctor (at the recommendation of Dr. Stryker) and is done 1-3 months after treatment. If you have the scan done outside of our facility, please be sure to mail us a copy of the CD images for Dr. Stryker to review. We will contact you to set up an appointment to discuss the results. If further treatments will be required, we'll let you know.

Medical and Emergency Help:

If you have a temperature over 102.0°F

If your pain is not controlled

You have questions about your treatment or new prescriptions, please make an appointment.

You have pain where the treatment probe was placed that is worsening more than improving

You have any other symptoms you are concerned about within 2 weeks of treatment

Go to your nearest Emergency Room:

Your procedure site starts bleeding and will not stop after 10 minutes of firm pressure

You have shaking chills or a temperature over 102°F

Sudden shortness of breath

Severe, increasing flank pain (or pain where the procedure was performed)

Interventional Radiology Contact

Information

Office Hours 8:30 am -

4:30 pm

Monday-Thursday. Friday

0830-1300

Post procedure questions and RN Triage:

619-567-7007

Please go to the nearest Emergency Room or call 911. You may leave a message on the office phone.

For all After Hours Urgent/Emergent issues: