

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 effect 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 marrows plasma cells. Where protein making cells that make all the various proteins that create the antibodies for the immune system.

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
- Human T-Cell Lymphotropic Virus Type III (HTLV III)
- Lymphadenopathy Associated Virus (LAV)
- Acquired Immune Deficiency Syndrome (AIDS)
- Human Immunodeficiency Virus (HIV)
- 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 in 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	Prevent platelets sticking and clots forming	May cause extensive bruising
NSAIs: Aspirin, ibuprofen, Brufen (ok in low dose i.e. daily aspirin for prevention)	Reduce inflammatory response slows healing	Extends healing
Immunosuppressants (oral Steroids): Prednisolone, prediolone, methylprednisolone, Medrol, Cyclosporin, Azothiaprine	Reduce healing by preventing white blood cell	Prevent healing activity
Cycloxygenaseinhibitors: DF118 Voltarol	Pain relief reduce action of inflammatory response	Slow healing
Chemotherapy (oral): Methotrexate	Causes cell destruction reduces white blood cells	Prevents healing
Appetite suppressants: Eg Xls medical	Reduce hormonal response to eating	Prevent absorption slows the rate of healing of fats and carbs reduce inflammatory response