

ESTUDI DE CASOS

Blistering after cryotherapy for cutaneous wart*Ampollas después de la crioterapia para verrugas cutáneas***Jorge Bello***Institut Català de la Salut / Pediatria - Mataró (Barcelona)***Correspondencia**

Jorge Bello
 CAP El Maresme (Gatassa)
 Camí del Mig, 36 - 2^a planta - 08303 Mataró (Barcelona)
 E-mail: jordibell@gmail.com

Recibido: 3 - IX - 2018**Aceptado:** 31 - X - 2018**doi:** 10.3306/MEDICINABALEAR.34.01.39**Abstract**

Blistering is a well-known but unusual side effect from cryotherapy for nongenital cutaneous warts, and here there is one more photograph illustrated paediatric case, in which childish behaviour is remarked.

Keywords: cryotherapy, blistering, wart.

Resum

La formació d'una vesícula és un efecte secundari conegut però poc freqüent de la crioteràpia com a tractament per a la berruga vulgar no genital. Aquí es presenta un cas pediàtric il·lustrat amb una fotografia, i es remarca el simpàtic, infantil comportament.

Paraules clau: crioteràpia, vesiculització, berruga.

Presentation

A 8-year-old girl was brought by her mother to the pediatrician at primary care with a painless, strong, red blister on her right hand. She seemed to be proud of it and also felt pleased when I asked her permission to take the photograph; her mother gave explicit permission as well.

Although nongenital cutaneous warts are harmless and likely to resolve spontaneously without treatment, parents frequently ask for treatment to hasten the resolution. The usual approaches to wart therapy are physician-administered cryotherapy with liquid nitrogen and at-home topical application of salicylic acid. Some physicians choose, however, a wait-and-see approach because of the benign and probably self-limited natural course of common nongenital warts and the risk of side effects, particularly from cryotherapy. The girl had had a cutaneous wart on her right hand and after an almost two years' time of wait-and-see expectancy, dermatologist decided to treat it with cryotherapy.

It is said that topical application of salicylic acid is as effective as cryotherapy for nongenital warts, and it is also said that cryotherapy is more likely to cause side effects. In spite of this, it seems that cryotherapy is nowadays the treatment of choice for warts in primary care. Complications related with cryotherapy include local discomfort or pain, scarring, skin irritation, dyspigmentation, crust and blistering.



Painless blister following a single freeze. Little of the wart still remains on the top of the blister.

A brief single cryotherapy session had been applied to the girl's wart the day before, and then the blister grew asymptotically during the night. In the morning, the girl was pleasantly surprised to discover the blister. She called it «my baby» as she knew babies are a matter of bed and night. Some days later the baby had gone. And so did the wart.

Acknowledgments

The author would like to thank the patient and her mother because of their desinterested contribution to our knowledge. Also thanks to paediatric nurse A. G. for her always helpful presence.

Declaration of interests

The author declare no competing interests.

References

- Batalla A, Jin Suh-Oh H, Abalde T et al. Teledermatología en edad pediátrica. Observaciones en la práctica clínica diaria. *An Pediatr (Barc)*. 2016; 84 (6): DOI: 10.1016/j.anpedi.2015.07.005.
- Bruggink SC, Gussekloo J, Berger MY et al. Cryotherapy with liquid nitrogen versus topical salicylic acid application for cutaneous warts in primary care: randomized controlled trial. *CMAJ* 2010. 182 (15): 1624-30. DOI: 10.1503/cmaj.092194.
- Fraile Alonso MC, Almeida Llamas MV, Martínez de Salinas Quintana A. Indicações, técnica y precauciones de la crioterapia. *FMC*. 2014; 21 (9): 517-21. DOI: 10.1016/S1134-2072(14)70843-6.
- Hengge UR, Esser S, Schultewolter T et al. Self-administered topical 5% imiquimod for the treatment of common warts and molluscum contagiosum. *Br J Derm*. 2008: DOI: 10.1111/bjd.17350.
- Menéndez Villalva C, Gamarra Mondelo T, Fernández Álvarez R et al. Crioterapia con óxido nítrico en atención primaria. *Aten Primaria*. 2003; 31 (2): 87-92.
- Rocky Bacellieri R, Marchese Johnson S. Cutaneous warts: an evidence-based approach to therapy. *Fam Physician*. 2005; 72: 647-52.
- Sánchez Gómez R, Flores Olavarría M. Revisión bibliográfica sobre la eficacia terapéutica de la crioterapia y el laser en el tratamiento de la verruga provocada por el virus del papiloma humano. *Eur J Pod*. 2016; 2 (2): 69-76.