

# Product review: Treatment with CryoPen in gynecology practice

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Dr. Hae-Lung Sung, gynecologist, Seoul, Korea.

The CryoPen product review, released in September 2017, is aimed to provide practicing gynecologists an overview of the current state of cryotherapy treatment. The views of the author are personal opinions. Dr. Sung has no conflicts of interest with these products or with the companies that produce them.

**Design/Functionality :** ★★★★★

**Innovation :** ★★★★★☆

**Overall score :** ★★★★★

## Design/Functionality/Treatment

As everyone can see at first sight, the CryoPen is neat and stylish in design and easy to use in outpatient treatment. I am deeply satisfied with the ergonomic design. Most of all, it is remarkable that H&O has studied what kind of design is most convenient from the viewpoint of the doctor.

Currently, I am using the CryoPen for cervical virus, cervix erosion and condyloma, in the following situations; When there is repeated bleeding or at the presence of cervical polyps, when HPV is positive, or in the cases where patients suffer from repeated vaginitis. Using CryoPen treatment is not only very simple but it also brings excellent results, especially when (like in most cases) patients are stressed by traditional electrosurgery/laser treatment. When using the CryoPen all treatment process are easy and efficient and patient satisfaction is significant.

In the case of cervix virus, I'm using one 16g cartridge all at once. The treatment is done with circular movements covering all the surface area. After the first application the tissue is let

to thaw and a second freeze is done after one minute. 1~2 times of treatment with one week interval generally is enough for a full cure.



## Comments on Complement

When I started to use the CryoPen, I usually worked with the 60mm white dot applicator which spray range was not wide enough for uterine cervix treatment and the pressure was also too low. So, in my case, I had been using the widest tip among the short tips-range. I didn't have any problems using it since I have a small hands. So It will be best if there is a long tip with a wide spray range and high pressure, as the temperature of the cervix is somewhat higher than outside. Therefore, applicators should have sufficient spray power and the time of application will also be longer. Meanwhile, the manufacturer has launched longer version applicators with a more powerful spray.

## Summary

I am convinced that the application of CryoPen has clear advantages in OB/GYN practice. Especially In the cases of multiple viral infections where the need is higher compared to single viral infections in the cervix. Also when the patient has a light erosion area, electrosurgery/laser treatment can be too much of a hassle. In my opinion cryotherapy using CryoPen is an excellent alternative to traditional treatment options.