

Innovative Treatment Modalities for Keloids: Contact Cryotherapy

Michael H Tirgan MD

Keloid Research Foundation

Background:

Keloids represent a therapeutic challenge due to their high recurrence rates and resistance to conventional treatment. Surgical excision, often considered a first-line treatment, is associated with recurrence rates exceeding 50% even when combined with adjuvant therapies. Similarly, intralesional corticosteroid injections, another widely used modality, provide variable results, with recurrence rates ranging from 9% to 50% and frequent complications, including hypopigmentation, atrophy, and pain. These outcomes underscore the need for innovative and more effective treatments.

Methods:

Contact cryotherapy has emerged as promising yet underutilized alternatives in the management of keloids. Recent clinical studies have shown high response rates in appropriately selected patients, with significantly lower recurrence rates compared to traditional therapies, underscoring the potential of these treatments to redefine keloid management.

Results:

Contact cryotherapy results in cold-induced tissue destruction. Unlike traditional spray cryotherapy, contact cryotherapy achieves uniform tissue freezing while sparing surrounding healthy skin, leading to improved clinical outcomes. Cryotherapy not only reduces keloid volume effectively but also enhances symptom relief and prevents recurrence when used as a monotherapy or in combination with other modalities.

CONCLUSION:

This presentation will review the evidence supporting the efficacy and safety of these innovative treatment modalities, highlighting their potential to transform the current paradigm of keloid management. By leveraging the unique mechanisms and the precision of contact cryotherapy, clinicians can achieve superior outcomes, reduce recurrence rates, and improve the quality of life for patients with keloids.