

## Cryosurgery (Liquid Nitrogen Therapy) Aftercare Instructions

**Cryosurgery** involves using liquid nitrogen (approximately -320 degrees F) to freeze and destroy abnormal skin tissue including, but not limited to, warts, skin tags, seborrheic keratosis, actinic keratosis, and other benign or pre-cancerous growths.

Your provider, \_\_\_\_\_, uses liquid nitrogen by spraying the liquid directly on the skin growth or applying it on using a cotton swab. This causes some stinging and burning while the growth is being frozen and may continue while it thaws. Throbbing may persist on any areas, especially the face or forehead, but this will not last long. (We recommend Tylenol or aspirin for any persistent pain.)

### What to Expect:

- ❖ The area that was treated will become red, swollen, and develop a blister. It will then form a scab after a few days.
- ❖ **Do not** try to remove the blister yourself, this could leave you open to the possibility of infection.
- ❖ Clean the area treated with soap and water as you normally would.
- ❖ It is fine to get the area wet; however, be sure to blot it dry carefully and delicately. Avoid taking long baths, washing the dishes (if treated areas are on the hands), and swimming for at least a day after treatment.
- ❖ Apply a thin layer of antibiotic ointment such as Bacitracin or Polysporin to the site twice daily.
- ❖ If the site is prone to irritation, you may cover it with a bandage.
- ❖ The scab will crust over and fall off on its own within 1-2 weeks. A second scab may form as well, and it too will shed on its own.
- ❖ Healing takes 1-3 weeks, after which the skin may look perfectly normal or slightly lighter in color.
- ❖ ***If you start to experience signs of an infection such as fever, swelling, tenderness, or oozing from the site, or if the site becomes thickened or raised, contact our office immediately.***

