

LIQUID NITROGEN/CRYOTHERAPY WOUND CARE INSTRUCTIONS

Cryosurgery is a procedure in which skin is quickly frozen by applying a spray of liquid nitrogen to the area being treated. Liquid nitrogen is very cold.

Cryosurgery may be an alternative to regular surgery. It takes a few minutes and may be used to treat precancerous or noncancerous (benign) growths (warts, skin tags, etc.).

Procedure

Liquid nitrogen is applied directly on the skin as a spray or with a cotton-tipped applicator. Several applications may be needed to treat the area. You may feel a stinging or burning sensation during cryosurgery.

The area treated will become swollen, turn pink, then red, and may blister or scab. As the skin peels, the treated lesion will peel off as well. Occasionally, several treatment sessions may be needed to treat your condition. A black eye is not uncommon if you had cryosurgery near or above the eyes. If a follow-up appointment is not made sooner than 4-6 weeks and the lesion does not resolve with cryotherapy in 4-6 weeks it is important to follow-up.

Home Care Instructions

Wounds heal best when kept covered and moist. Avoid crusting or scabbing.

1. If the skin is opened, clean the area twice a day with clean water (clean tap water or normal saline) and apply an ointment (Vaseline™ petrolatum or Aquaphor®).
2. **Do not** use Polysporin®, Neosporin®, or Bacitracin® or other antibiotic ointments.
3. **Do not** use hydrogen peroxide to clean the wound.
4. **If a blister forms and causes pain**, you may lance the blister with a sterilized needle (boil a sewing needle and let it cool before using) and use a clean gauze to express out the blister fluid. **Do not** remove the overlying skin.

The treated area will heal within several weeks. A scar that is whiter than the surrounding skin is typical after cryosurgery treatment.