

CAROLINA MEDICAL CONSULTANTS, PA

CRYOTHERAPY / LIQUID NITROGEN

AFTERCARE INSTRUCTIONS

What To Expect:

Liquid nitrogen is extremely cold. When sprayed on the skin the top skin layer rapidly freezes. When you leave the clinic, the freezing site will probably be red and swollen, and it may sting and itch as it thaws. Expect the site to feel like a bug bite. It may look worse over the next few days before it gets better. Swelling and/or blistering often develop within day after treatment. 2-3 days after treatment a scab will probably form which will then take 7-10 days to fall off, leaving a pink smooth area.

I am aware of the following possible experiences/risks:

- There may be pain while the liquid nitrogen is applied and afterwards.
- The treated skin may become red and swollen.
- You may develop a blister (common), scar (rare), or a non-healing sore at a treatment area like the lower legs.
- Cryotherapy may cause your treated skin to lighten as it can damage pigment cells, leave a white spot. It can also darken, leave a dark spot, if you have dark skin or get excessive sun to the area while healing.

Daily Care:

- Apply Vaseline (or Polysporin) to the treated site beginning the day of therapy. Keeping the area greasy with Vaseline helps the wound heal faster and may prevent a scab from forming (which will delay healing). You DO NOT want a scab to form over the treated area.
- Should a blister form, it is best to leave it intact.
- You may want to protect the area from excessive trauma or friction from clothing by covering it with a dressing such as a bandaid. Make sure to change the bandaid regularly along with applying the Vaseline.
- If/When an open lesion forms, gently cleanse it twice a day with mild soap and water and continue to apply Vaseline to the lesion until healed.

If you have any further questions or problems, please call our office at 803-366-7175.