



Rashel Goodkin MD
65 Walnut St, Suite 440
Wellesley, MA 02481
Phone 781.227.7977
Fax 713.903.7905
www.wellesleydermatologycare.com

Post-care instructions for cryotherapy (Liquid nitrogen treatment)

The purpose of liquid nitrogen cryotherapy is to remove the top layers of skin that may be precancerous, irritated, discolored, or infected with wart virus.

Liquid nitrogen is a cold, liquefied gas. Liquid nitrogen causes stinging and pain, which will improve the same day or the following day.

After treatment, your skin may become swollen and red, and a blister may form, usually within 24 hours of treatment. It is normal for blister fluid to be clear, pink, or red.

If a blister occurs, do NOT peel off the blister roof, as it will act as a dressing or natural bandaid for the skin as it heals. If the blister is bothersome, please call us and we can evaluate whether you would benefit from drainage of the blister.

Your treated skin may continue to ooze or drain clear fluid for several days, and a small rim of redness around the site is normal. A sore or scab may form at the site, which should heal within 1-3 weeks.

The area may be pink for several weeks and for the next few months the area may be lighter or darker than the surrounding skin. Rarely there is a permanent change to the skin color.

Wound care instructions:

You may shower or bathe as per your regular routine. Wash gently, do not scrub the treated area.

If you develop a sore or scab, for best results, keep the treated area covered with a bandaid until the skin is healed. You may apply petroleum/Vaseline to dry skin under the bandaid. Skin has no lungs and does NOT "need air" to heal. The skin benefits most from a covered environment in which the skin cells can most easily migrate to heal the affected area.

Call our office at 781-227-7977 if there are any signs of infection, including redness beyond a small rim around the treated area, drainage, increasing pain beyond 1 day after treatment, or fever. Call our office with any questions or concerns.

For best results, remember to use sun protection as the skin heals.