

## Cryotherapy Care

Cryotherapy is the treatment of lesions with the application of Liquid Nitrogen. Liquid Nitrogen is a cold, liquified gas with a temperature of 196° below Celsius (-321° Fahrenheit). It is used to freeze and destroy superficial skin growths such as warts and keratoses.

Liquid Nitrogen causes stinging and mild pain while the growth is being frozen. The burning sensation usually lasts 5-10 minutes, but there may be a burning sensation or throbbing that may last 24 hours. The discomfort can be relieved with Tylenol or Ibuprofen.

The treated area may become red/swollen after treatment, and a fluid-filled blister or a blood blister may form. No special care is involved unless a blister forms. If a blister forms, you can either leave the blister alone (your body will absorb the fluid), or you may elect to drain the fluid.

To drain the blister to alleviate discomfort:

1. Gently clean your hands and the area with mild soap and water. Wash the area with your fingertips; avoid rubbing the area with a washcloth or towel.
2. Sterilize a needle by dipping it in alcohol.
3. Poke a few holes into the side of the blister with a needle and allow the fluid to drain.
4. DO NOT peel the blister off, as the roof of the blister acts as a “natural” Band-Aid to protect the healing wound.
5. Pat the area dry and apply petrolatum (Vaseline) and a bandage.
6. Wash the area daily with soap and water and reapply Vaseline and a bandage until healed.

The new skin will be pink at first, but will gradually return to normal skin color. Occasionally, the treatment site will permanently remain slightly darker or slightly lighter than the surrounding skin.

If any oozing, redness, extreme tenderness, or pus forms, the area may be infected, and you should contact our office.

Occasionally, the treated growth does not disappear, and the area may need retreatment or removal by another method. If this occurs, please call to make an appointment.