

Liquid Nitrogen Care

Your skin lesion has been treated with liquid nitrogen. This produces a localized severe freezing of the skin lesion and a small area of surrounding skin. Although the freezing itself wore off within a few minutes, the effects will not be fully seen for 24-72 hours.

- The stinging and burning sensation which follows the actual freezing usually lasts only 10-20 minutes and will be accompanied by redness and swelling of the area. Once this burning has stopped you should have no further pain. The area may be tender for several days, but acetaminophen (Tylenol) or Advil (Ibuprofen) will generally control any persistent pain. When areas are treated on the temple or scalp, a headache may result, lasting 15-30 minutes. Occasionally these occur several days following treatment. The above medication may be used if needed.
- Within 24 hours after treatment, a blister may form in the treated area. This may be a deep or large blister and may turn red to purple in color. You should not be concerned about this. You should leave the blister alone unless it is large, painful, or in the way. Then it may be punctured, with a sterile needle or pin (use alcohol), to relieve the pressure. You may wash the sites with mild soap and water or hydrogen peroxide.
- *If the area becomes increasingly red, drains pus or won't heal, please contact your doctor by calling 205.871.7332.*

Please follow the care instructions checked by Dr. _____:

____ As long as the blister is intact, healing will occur without special attention. However, if the blister becomes an open sore, you should cover the area with Vaseline or Polysporin Ointment and a band-aid until completely healed (usually 3-5 days).

____ It is best to keep the treatment area moist and not allow a hard scab to form. This is best done by keeping Polysporin or Vaseline with a band-aid over the areas treated. If a scab occurs, do not remove it. It will fall off on its own.

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