



WESTLAKE  
DERMATOLOGY  
& Cosmetic Surgery

## Liquid Nitrogen Post-Treatment Instructions

1. You received liquid nitrogen treatment (cryotherapy) for a skin lesion; often we use this to treat actinic keratosis (pre-cancers), warts or seborrheic keratosis (wisdom spots).
2. The area treated will be red and swollen immediately after treatment. The areas may blister. This is normal. The effects may last up to a week after treatment.
3. There are no restrictions on activities but be careful in the sun (see below).
4. If you develop a blister, you may pop it but do not peel off the top. You do not have to do this unless it is uncomfortable. Make sure to wash with soap and water before and after you do this and use a sterile needle.
5. If the spots become irritated or develop an open sore, keep Vaseline or Aquaphor on the wound. You may keep it covered with a Band-Aid if desired. Keeping the wound moist and avoiding a crust or scab will allow for quicker healing time and less scarring. Antibacterial ointment (Neosporin, Bacitracin, etc.) may be used, however, this may trigger an allergic reaction such as redness and blisters and delay healing. *Avoid hydrogen peroxide* as this will dry out the wound.
6. A healing wound will be red and have a red ring around it. The center may also be yellowish, but there should be no green or smelly drainage. If the redness increases in size around the wound or it becomes very painful, call our office. Also red streaks, swelling, warmth, and drainage may be signs of infection. Please call our office immediately for an urgent wound check appointment if you notice any of these signs.
7. Avoid exposing the biopsy site to sun. Sun exposure may cause delayed healing and increased risk of scarring. Sunblock should be applied to a healing wound and scar for at least one year.
8. The area should heal within 2-4 weeks with new skin from underneath. Feel free to call our office if you have any questions or concerns.

If you have any concerns and/or questions, please call our office.