

INSTRUCTIONS FOLLOWING CRYOTHERAPY (LIQUID NITROGEN)

Cryotherapy is used to treat benign skin lesions by freezing and injuring the surface layer of skin with liquid nitrogen. After the treatment normal skin healing occurs.

What to expect after treatment

The treated area will become red and a blister / scab may form.

Stinging may occur for up to an hour following treatment.

The treated area is best left alone but can be washed as usual.

It takes 2-4 weeks for the area to heal completely.

Leave the area uncovered or apply a bandaid if desired.

How to manage blisters of the skin

Blisters can become painful and uncomfortable – Avoid bursting them. A bandaid or dry dressing can be applied over the top to protect the blistered skin

How to aid wound healing

Daily showers help wound healing

Avoid using soaps and antiseptics (Betadine, Savlon, Dettol)

Paw Paw ointment or Vaseline can be used on the treated area

Band aids or dry dressings can also be applied on top of the treated area to protect it from clothing rubbing