



POST-CRYOTHERAPY INSTRUCTIONS (AKA LIQUID NITROGEN TREATMENT)

Your skin has been treated with liquid nitrogen, also known as cryotherapy. This treatment is performed for precancerous skin lesions known as actinic/solar keratoses. It is also used to treat warts and benign skin lesions, such as seborrheic keratoses.

This creates a superficial burn, like frostbite to the skin, which should destroy the underlying lesion.

You can expect the area to be pink and inflamed for about 48 hours.

Around day 3-4 after treatment the treated site will darken, and forms a scab or blister, and then slough away. **KEEP VASELINE PETROLEUM JELLY OR AQUAPHOR** on the site at all times during this phase, which speeds the healing process. Use gentle soap and water to cleanse the skin. Do not pick at any scabs, as this can increase the risk of scarring.

Treated skin usually heals within 10-14 days. It may be pink for up to 3 months, and excess pigment is often removed, so the treated areas may be lighter in color than the surrounding skin.

Please contact our office if you have any questions, or if your lesions are not resolved 1 month after treatment, as some skin lesions may require additional therapy.