



COSMETIC ESTHETIC MEDICAL SURGICAL

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## LIQUID NITROGEN THERAPY

Liquid Nitrogen is a cold, liquefied gas with a temperature of 196° below zero Celcius that is used to freeze and destroy superficial skin growths such as warts and keratoses.

### What to Expect:

- You will feel stinging and mild discomfort during treatment that usually lasts less than 15 minutes.
- Your skin will become swollen and red and may blister during the first 24 hours. This blister may be filled with clear fluid or blood. This is a normal response.
- A scab will likely form that will fall off by itself in one to three weeks.

### Liquid Nitrogen Treatment Instructions:

- You may wash and bathe normally and resume regular activities after treatment.
- If the blister becomes very large or uncomfortable, you may drain it with a sterilized needle. Wipe both the needle and blister with rubbing alcohol to minimize the risk of infection. If a blister reforms, it may be drained again.
- Do not remove the top of the blister as this will delay healing and may result in infection and/or scarring.
- Apply an ointment-based product such as Vaseline or Aquaphor to the treated area 2 times a day to keep the area moist and aid healing.
- Please call the office if you notice any signs of infection, such as oozing of a discolored substance (pus), spreading redness, excessive swelling, and/or abnormal discomfort.
- You may take your usual over the counter pain reliever for pain.
- Do not pick at the crusted areas.

### Liquid Nitrogen Treatment Near the Eyes:

- You may notice swelling of one or both lids within 24 hours and your eyelids may become partially closed. This reaction will not impact your vision and will resolve in 1-2 days. Please call our office if it does not.

### Treatment Outcome:

- For warts, it may be necessary to return for treatment every 2-3 weeks until all warts are fully resolved.
- For pre-cancerous growths, call the office if the growth is not resolved in 30 days. The treated area should also be checked on an annual basis.