



# Tennessee Family Medicine

PLLC

## *Cryotherapy with Liquid Nitrogen*

### **What is liquid nitrogen treatment?**

Liquid nitrogen is a cold, liquefied gas with a temperature of 196 degrees below zero Celsius (-321 degrees Fahrenheit). It is used to freeze and destroy superficial skin growths such as warts and pre-cancerous growths. Liquid nitrogen causes stinging and mild pain while the growth is being frozen and then thaws. The discomfort lasts only a few minutes and some describe as a burning sensation. Tylenol or Advil usually helps.

### **What will my skin feel like after treatment?**

Some hours after liquid nitrogen treatment, your skin will become swollen and red; later on it may blister. Then a scab (crust) will form. It will fall off by itself in one to three weeks. The skin growth will come off along with the scab, leaving healthy new skin. If your growth required deep freezing to remove, there may be quite a bit of blistering and swelling, especially if your hand or eyelids were treated. The blisters and swelling are part of the treatment and will gradually heal by themselves.

### **Does my skin need any special care after treatment?**

No special care is needed after liquid nitrogen treatment. You can wash your skin as usual and use makeup or other cosmetics. Clean with tap water and apply polysporin ointment twice daily to the lesion. The crust will usually fall off in 1-3 weeks. **DO NOT PULL OR FORCE THE CRUST OFF.** The treated area will be pink or pale initially but will usually re-pigment.

If blistering occurs and the blister is small, leave it alone. If the blister is large, please call so we can pierce the base with a sterile instrument. Do not remove the blister top. It is best left to dry and fall off on its own.

### **Does the liquid nitrogen treatment always work?**

Sometimes liquid nitrogen treatment fails. If the growth is not cured by liquid nitrogen, please make a return appointment. Depending on the lesion treated, it may require a series of treatments to be most effective.

### **What should I do if I have any questions?**

This sheet is designed to outline the proper procedures for caring for your wound. If you have any questions about these instructions, please do not hesitate to call the clinic at **590-2020**.