



DERMATOLOGIST MEDICAL GROUP OF NORTH COUNTY, INC.
POST – OPERATIVE INSTRUCTIONS
for LIQUID NITROGEN

1. A liquid nitrogen procedure has just been performed on one or more sites on your skin. Liquid nitrogen is an extremely cold gas, so when it is purposely applied to the skin, it freezes and destroys the skin in that area.
2. Often, for the first 10-20 minutes, there may be some burning and stinging. There may be some discomfort the night of the procedure, depending upon the area treated. You may take Acetaminophen (Tylenol) if necessary.
3. For a few hours to days, the treated areas may be pink and swollen. Sometimes, a clear blister or blood blister develops.
4. You may wash, shower, swim, and use normal skin care. Use care when shaving to avoid cutting the treated site. Regular cosmetics and sunscreen are fine unless they burn or sting (wait a day or two if uncomfortable). You do not need to put on a dressing or band-aid, unless you desire.
5. If a large or uncomfortable blister does develop, you may puncture the blister with a sterile needle, draining the fluid. Leave the blister top intact. If the area has been opened (accidentally or by puncturing), then cleanse with hydrogen peroxide, rubbing alcohol, soap and water, or saline using a Q-tip, gauze, or cotton ball. Let the area dry. Put on a layer of antibiotic ointment (polysporin, bacitracin, or bactroban if prescribed). **Neosporin and Triple Antibiotic should be avoided due to a high chance of allergic reaction (even if you have had no problem prior).** If the area is large, or if you desire, you can cover with a band-aid.
6. After a few days, blister fluid (if present) will begin to reabsorb by itself. Whether there has been a blister or not, the site will usually develop a scab. Sometimes the scab may be darker than the original lesion. The scab will peel off by itself, after 1-2 weeks. Please don't pick the scab off, as this may lead to infection or scarring. When the scab falls off, the area will leave a temporary pink spot, lasting a few more weeks.
7. Practice careful sun protection of the area, to avoid dark discoloration with healing.
8. If the site becomes red or painful, or if a large unmanageable blister or scab forms, please call the office.