

# **CENTER FOR DERMATOLOGY, COSMETIC AND LASER SURGERY**

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## **CARE OF SKIN AFTER LIQUID NITROGEN (FREEZING) TREATMENT OR OTHER LOCAL PROCEDURES**

After liquid nitrogen or other local procedures, please clean the affected area once or twice a day with gentle soap and water. After this you can apply Aquaphor Healing Ointment, Vaseline Petroleum Jelly or any other ointment \_\_\_\_\_ that is suggested by the Center. A light dressing, such as a Band Aid, can be applied over the sites, or they can be left open as long as they are covered with the ointment suggested. This should be done at night, and can be redone in the morning. A sunscreen should always be worn to prevent pigmentation at the site. The sunscreen should be SPF 30 or greater, and should contain titanium or zinc such as Elta 46, Neutrogena, etc. The Center can suggest some sunscreens for you. Tylenol can be taken for pain. If you should have any questions please don't hesitate to contact us.

Some specific information on liquid nitrogen (freezing treatment):

1. You were treated with liquid nitrogen which produces an extremely rapid freeze of the skin. Because of this, the area and surrounding tissues may swell within an hour. In some cases, a blister or purple blood blister may develop. The blister may be quite large, and for several days there may be fluid draining from the blister. Within 1-2 weeks the swelling will diminish and a scab will form. Please follow the instructions above.
2. Warts treated with liquid nitrogen (or any other modality) will occasionally recur. At the first sign of recurrence, retreatment is important and should be done before the virus again spreads. Multiple treatments are almost always required for warts.
3. Keratoses (age spots/or sun spots/or precancer spots) treated with nitrogen often take 2-4 weeks to disappear, so be patient. If after 1-2 months there is still a lesion, a second application may be necessary.