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Post Liquid Nitrogen Care Instructions

1. After treatment with liquid nitrogen (cryotherapy), the skin may appear red, swollen, and tender. A blister may form within 24 hours, which is a normal part of the healing process. The blister may be clear or blood-filled and may later form a scab or crust. This reaction is expected and shows that the treatment is working. Temporary changes in skin color (lighter or darker) are possible after healing. This may take several weeks and sometimes months to fade.
2. Generally, there are no specific instructions after liquid nitrogen. In some cases, such as when the scab is larger, it may be more comfortable to apply Aquaphor Healing Ointment, Vanicream, or plain Vaseline and cover the area with a small Band-Aid for 3-4 days.
3. For proper healing avoid the following:
 - a. Do not pick at the blister or scab, as this may cause scarring.
 - b. Avoid harsh cleansers or other skin products directly on the site unless otherwise instructed.
 - c. Avoid alcohol and aspirin, including baby aspirin (81 mg) and aspirin like products such as Ecotrin, Bufferin, Motrin, Advil, Nuprin, Aleve, Ibuprofen, etc. for 2 days because they thin the blood and may cause bleeding and bruising. In the unlikely event that the treated area becomes very painful, take 2 Extra Strength (500mg tablets) Tylenols every 6-8 hours as needed.
4. If your wound becomes red, warm to touch, painful or begins to drain; please contact the office or doctor immediately. You can contact our office at 703-893-1114 (McLean location), 703-492-4140 (Woodbridge location) or at Info@bderm.com.

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