

# skin

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## *Wound Care Instructions*

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### **Liquid Nitrogen Therapy (Freezing)**

Immediately after the area is frozen, you can expect a stinging or burning sensation to last for 10 – 15 minutes.

The skin around the area that was frozen may appear “puffy” and reddened for several days.

You may experience a blister, or even a blood blister, over the area that was frozen. The blister may persist for a period of 1 – 2 weeks, and then slowly resolve with crusting.

The area that was frozen may resolve with either an area of lighter or darker skin. A small scar may persist indefinitely.

A change in sensation (such as numbness) may be experienced and is usually temporary.

#### ***Daily care:***

Should a blister form, it is usually best to leave it intact. However, if the blister causes too much discomfort, it can be drained with a small clean (alcohol-dipped) needle.

If the blister breaks or if the area becomes weepy, clean it once daily with tap water and cover with an antibiotic ointment (such as Bacitracin, Polysporin, or Neosporin) and a band-aid.