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### **Liquid Nitrogen Therapy "Freezing" Instructions**

After the procedure:

- \* Immediately after the area is frozen, you can expect a stinging or burning sensation to last for about 10-15 minutes. The treated area may be sore for a few days.
- \* The skin around the area may appear "puffy" and red for several days.
- \* You may experience a blister, or even a blood-blister, over the treated area. The blister may persist for 1-2 weeks and then slowly resolve into a crust.
- \* The area may resolve with an area of lighter or darker skin. A small scar may last forever.
- \* You may have a small change in sensation, such as numbness, which is usually temporary.

#### **Daily Care:**

- \* You may gently wash the area with tap water starting the day after treatment. Do NOT scrub the area of may lead to increased scarring.
- \* If you use makeup, moisturizers/lotions or other products, do NOT apply these to the area until it has healed over or when no crust, blister, or scab is evident. It is okay to apply products to the surrounding skin.
- \* Should a blister form, it is usually best to leave it alone. Do NOT break it. However, if the blister causes too much discomfort, it can be drained with a small clean needle that has been dipped in rubbing alcohol.
- \* If the area becomes weepy, or forms a crust, or if the blister breaks, clean it once daily with tap water and cover it with an antibiotic ointment such as Bacitracin or Polysporin, and a bandage.
- \* If you have any concerns or questions about the treated area, please call our office. Also, if the spot that was treated persists, please call our office. Many skin spots, such as warts, may take more than one treatment to completely go away.
- \* Please call our office with any questions or concerns. 309-585-0370