

Liquid Nitrogen Wound Care

Treating an area with liquid nitrogen consist of freezing the skin which kills the tissue in the top layer of skin.

What to expect:

For light freezes on an area of skin other than the palm or sole of the foot, expect some stinging and possible itching for 10-15 minutes. If the area frozen was located on the palm or sole, discomfort could last up to two days.

- **Blistering** may occur. This could be either a clear blister or a blood blister.
- **Scabbing** may begin 2-3 days or up to a week after treatment. In order to avoid scarring, do not disturb the scab. Apply Aquaphor healing ointment or vaseline to the site daily.
- **Swelling** may also be present, especially in the morning if the area involved is on the forehead, face, or eyelids. This usually subsides in 2-7 days. Ice may be applied to help reduce swelling.
- Discoloration may cause the area to turn dark brown or black.
- **Peeling** generally occurs in 7-10 days. If scabbing is present, dark parts of the scab will start to fall off.
- Redness or pink discoloration may appear after peeling. Redness will fade over several weeks.

Care of the Site:

- 1. Apply vaseline treatments to site(s) daily.
- 2. You may cover it with a bandage if needed, but it is not necessary unless a blister is draining.
- 3. If a large blister forms, it may be drained by using a sterile needle, but the area must be covered with Aquaphor or Vaseline and a bandage afterwards.
- 4. Take acetaminophen (Tylenol) for pain. If you are unable to take Tylenol, ask your doctor what medicine to take for pain.

Please call the office at (410) 252-9090 if discomfort in the area worsens after 1-2 days. Very rarely a frozen area can become infected and would need further treatment.