

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.