

## **Liquid Nitrogen Aftercare**

Liquid nitrogen is used to destroy warts, barnacles (seborrheic keratosis) and pre-cancerous (actinic keratosis) skin lesions. Liquid nitrogen destroys these lesions by causing damage to the skin, like frostbite. The treated area may itch or sting for up to a few hours after.

Once the treated area thaws, localized swelling or a blister will form that can last up to a week. This reaction is completely normal – This is how the skin responds to this treatment. The fluid in the blister helps the healing process.

If the blister becomes unsightly or uncomfortable, you may drain it using a sterile needle to nick the base of the blister. Try to leave the top of the blister intact and in place; doing this will speed up the recovery. No further care should be necessary although you may cover the blister with antibiotic ointment or Vaseline and a bandage if you wish.

The blister will turn into a dry scab that lasts seven to fourteen days, typically resolving faster on the face than on the extremities. If bothersome, it is okay to cover this with antibiotic ointment or Vaseline and a bandage.

Some skin lesions require more than one treatment – any residual or recurrent lesion can be retreated with liquid nitrogen at a later date. There may be some residual pinkness, lightening or darkening of the skin, but this is rarely permanent.