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INSTRUCTIONS FOR CARE OF SKIN LESIONS
LIQUID NITROGEN TREATMENT

Your skin lesion (or lesions) has (have) been treated with liquid nitrogen. This produces a localized severe freezing of the skin lesion and a small area of surrounding skin. Although the freezing itself wore off within a few minutes, the effects which the freezing produced will not be fully seen for 24-72 hours.

The stinging and burning sensation which follows the actual freezing usually last only 20-30 minutes and will be accompanied by redness of the area. Once this burning has stopped, you should have no further pain. The area may be tender for several days, however, and Tylenol will generally control any persistent pain.

Within 24 hours after treatment, a blister may form in the treated area. This will probably be a deep blister with a thick cover and may not resemble the type of blister you are accustomed to seeing, such as from a burn. The blister may be a bloody blister (red to purple in color). You should not be concerned about this. You should leave the blister alone and follow these care instructions; After 24 hours:

- Soak the affected area with vinegar water mixture (mix 1 tablespoon of white vinegar to 1 pint of water. Soak for 5-15 minutes twice a day until healed).
- Clean the area with hydrogen peroxide using a soft cloth or gauze.
- No soaking necessary

One of the following should be lightly placed on the area after soaking and a loose Band-Aid applied:

- Polysporin
- Bacitracin

Follow these care instructions for 10-14 days, or until healed.

You may carry out any activities which will not irritate the blister. You may get the area wet in washing, bathing, etc., as long as the blister has not been broken, and re-soak/cleanse the area after water exposure.

The lesion will begin to peel off after 1-4 weeks. If the lesion has not peeled off after 4-6 weeks, it may require an additional treatment. Additional treatments are not included in the initial charge; therefore you will receive a charge for each visit.

Showering: You may shower after 24 hours, unless otherwise directed. Leave the bandage in place to help prevent contaminated products from entering the healing area. After the shower, begin the vinegar water soaks/cleaning, pat dry, apply your antibiotic ointment, and cover with a fresh clean bandage.

Ladies may wear make-up as long as there are no raw or irritated lesions.