

Post op Liquid Nitrogen

Liquid Nitrogen Destruction and What to Expect

Treatment with liquid nitrogen is called "Destruction" or "Cryotherapy."

Liquid Nitrogen is a very cold solution and, when it is put in contact with a lesion on your skin, "freezes" the tissue. This freezing destroys the lesion.

The liquid is so cold that when applied, it feels hot, and you will feel a burning sensation at the site of application.

This moderate discomfort will disappear in about 15 or 20 minutes, although you may experience discomfort for one to two days. You will see an area of redness where the solution was applied, and it may feel a little tender to your touch.

A light blister will likely form a few hours after the treatment. Do not disturb or burst this blister. It will, with time, dry up and become a little hardened, crisp, and brownish, and eventually fall off. This entire process usually takes about two weeks.

Care of Cryotherapy Site

- Keep the area clean by washing with soap and water at least two times a day.
- Pat area dry, taking care not to break the blister.
 - If the blister does break, wash with soap and water, gently dry, and apply Polysporin ointment.
- Allow area to dry.
- Apply a thin layer of Polysporin to the area, again being careful not to disturb the blister.
- Dressings are not needed since there is no open area or break in the skin.

Occasionally, due to the location of the blister and its friction against clothing or bedding, the blister may break. If this break occurs while the blister contains fluid, expect this fluid to be thin, pinkish, and clear. At this point, the tissue underneath may "weep". If this occurs, a band-aid may be worn very loosely over the area until the weeping has subsided. Then resume care routine above.

Should the area become extra tender, continue to weep, or the drainage become thickened and/or yellowish, please notify the office at 805-379-3376