



## Northern Arizona Dermatology Center

### CRYOTHERAPY WOUND CARE (LIQUID NITROGEN)

Liquid Nitrogen is extremely cold (-321 Fahrenheit or -196 Celsius). When sprayed on or applied to the skin, the top skin layer rapidly freezes. When you leave our office, the freezing site will probably be red and a little swollen and it may sting and itch as it thaws. Expect the site to look worse over the next few days before it gets better. Swelling and/or blistering often develop within hours of treatment. Two or three days after the treatment, a scab will probably form which will then take 10-14 days to fall off, leaving a smooth pink area.

#### Instructions:

1. The treatment site may get wet with normal bathing and showering. Please avoid swimming pools, hot tubs, lakes, etc. unless covering the site with a waterproof bandage.
2. If a blister or scab forms, do not remove it, but allow it to heal on its own.
3. Monitor for signs of infection such as increased redness, oozing, yellow crust, or warmth.

**If you have any questions or concerns, please call, and ask to speak with one of our nurses.**

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