

Liquid Nitrogen Treatment

Your skin condition is being treated with very cold substance called, liquid nitrogen (- 321 degree F)

WHAT TO EXPECT

A blister or scab is expected, but it is OK if these do not occur.

The pain usually subsides in a few hours but can last up to a 3-4 days after treatment. The site can become pink, blister and/or crust over the next few days. A definition of a blister is a small bubble on the skin filled with fluid. The blister may contain clear fluid or blood and can be very dark in color. The color is no cause for alarm **It is normal to have a rim of pinkness around the treated area, like a halo. This pinkness can spread a little and not all yellow color is infection. This can last from days to a few weeks.**

For pain, you may take Acetaminophen (Tylenol) as directed on bottle if it OK with your medical conditions.

WHAT TO DO

If it does blister, the blister is similar to the type of a blister you get from touching a hot stove. Allow the blister to dry up.

You may keep it covered with a band-aid for comfort and protection. Keep it covered if it drains fluid. You may need to change the angle of the band-aid every day so the skin does not get irritated from the adhesive on the band-aid.

DO NOT put any products on it unless advised by the RN, PA or the Dermatologist

You may shower or bathe with the blister (filled with fluid) or even if it is “broken open”.

**Using soap and warm water, you may wash the area with clean fingers.
Do not use a scented or antibacterial soap.**

Avoid going into a pool, river, lake, spa, hot tub, or sauna until the blister is dried up.

It is normal for the blister to open up and bleed slightly and ooze a clear, slightly red or yellow fluid and be seen on the open blister or band aid until it is HEALED or scabbed up.

The blister usually takes 2-4 weeks to heal. If the lesion was treated on the leg, it can take up to 3 months to HEAL.

HEALED means no more oozing of fluid, no bleeding, no scab and ALL of the skin has grown together.

If there is a hard surface, do not pick at it. Let it come off by itself.

There can be temporary or permanent color change at the treatment site.

If the liquid nitrogen treatment was done to treat a pre-cancer (actinic keratosis), the goal is for the area to be smooth in 6-8 weeks. Check the site 6-8 weeks after the freezing and if the area treated is not smooth, contact your dermatologist. If the growth grows larger during in the next 6-8 weeks, contact your dermatologist

FOR FACE, FOREHEAD, AND HEAD / SCALP AREA:

You may have bruising and/or swelling on the chest, neck, face, temples, cheeks and/or eyelids. The swelling of the eyelids might obstruct your “field of vision”, but should not bother your ability to see. Do not sleep lying flat for the first few days. You can use **ICE PACKS** for swelling. Over time the bruising and swelling will get better.

FOR LOWER LEGS:

Elevate both legs **AT THE LEVEL OF YOUR HEART** for 2 plus hours at a time. This will accelerate wound healing. Examples: lie on a couch and put your legs on the arm of the couch with pillows, or lie back in a recliner or lie in bed and elevate your legs on pillows.

Mild bruising and swelling is common in the foot and ankle after procedures done on the leg. You can use **ICE PACKS** for swelling. Over time the bruising and swelling will get better.

If you notice increased swelling as the day progresses, but the swelling decreases the next morning, that probably means you are doing too much during the day.

USING ICE PACKS:

Use a thin towel and a bag of frozen peas or an ice pack for 15-20 minutes on the area once every hour as needed. Over time the swelling and bruising will get better.

BLOOD THINNERS: CAN CAUSE THE AREA TO BLEED MORE

EXAMPLES ARE: Baby Aspirin (81 mg), & Regular Aspirin, Motrin/ Ibuprofen, Plavix, Warfarin, Coumadin, Marevan, Eliquis, Vitamin E (400mg or more), Ginseng and **MANY others**.

IF THE WOUND BLEEDS:

You will need to apply **FIRM** direct pressure on area for 20 minutes.

Do not lift up and “peek at the wound” during this time. If it does not stop bleeding, repeat the **FIRM** direct pressure for 20 minutes again without peeking. If the bleeding does not stop, call Dermatology or if after hours please call medical advice.

SIGNS OF INFECTION:

PAIN, REDNESS, and SWELLING that continues to get worse over time. If these occur, contact Dermatology. It is normal to have pink to dark pink color around the wound. If you increase your activity, you might have increased redness, pain and or swelling related to your activity. If the pink or red color is one half inch (1/2”) size or larger, please contact Dermatology.

If you have any problems or concerns feel free to:

1. Email your Dermatology provider using KP.ORG
2. Call the Dermatology Department (916) 771 – 7700 Monday - Friday 8:30AM – 4:00PM
3. Call the Medical Advice (916) 631 – 3040 Weekends and Holidays