

## Wound Care Instructions for Liquid Nitrogen

### What to expect

- During Treatment: Area being treated will sting and burn, then possibly itch.
- Immediately After Treatment: Area will be red, sore, and swollen.
- Next Day: Blister may form, tenderness starts to subside.
- Week 1: Surface becomes drier, darker, and scab-like.
- Weeks 2-4: The surface loosens and starts to peel off leaving a new layer of healthy skin.

### How to care for treated area

The area treated with liquid nitrogen may form a blister. You do not need to bandage the area unless a blister forms and breaks. When the blister breaks, begin daily dressing changes as follows:

1. Cleanse with gentle soap and water using a Q-tip or sterile gauze pad.
2. Pat the cleansed area dry.
3. Apply Vaseline over the entire wound. Do **NOT** use Neosporin ointment.
4. Cover the wound with a band-aid or sterile **non-stick** gauze pad and paper tape.

REPEAT THESE INSTRUCTIONS AT LEAST ONCE A DAY UNTIL THE WOUND HAS COMPLETELY HEALED.

### Do not let the wound dry out.

The area may get wet while bathing, but swimming or hot tub use should be avoided for one week following treatment or while the treated area has an open wound.

### Supplies needed:

- \*Cotton tipped applicators (Q-tips)
- \*Vaseline ointment (NOT NEOSPORIN)
- \*Band-aids, **non-stick** gauze pads and paper tape.