

ISLAND DERMATOLOGY LLC TREATMENT WITH LIQUID NITROGEN

Liquid Nitrogen (aka Cryotherapy) is used to treat small growths such as warts and keratosis by thermal energy or freezing.

- Liquid nitrogen is applied to the top of the lesion. You can expect some discomfort for a short time afterwards, and within a few hours, a blister filled with clear or dark fluid will form.
- Do not attempt to break the blister, as it protects the skin underneath and promotes healing.
- It is not necessary to cover the treatment area with a bandage, but you may cover it lightly with a Band-Aid if there is a chance it may be bumped, scraped or exposed to dirt.
- The sore should be cleaned daily. After cleaning, apply Vaseline or Aquaphor to promote healing.
- In 10 days to 2 weeks, the blister will dry, and the skin underneath will be pink to purplish in color. This discoloration may last for weeks to months and should slowly fade over time, if kept well protected from the sun.
- Several liquid nitrogen treatments may be required to completely remove the lesion. If the lesions persist, follow up in 3-4 weeks, or as otherwise recommended by your practitioner.