



MAGNOLIA DERMATOLOGY

CRYOTHERAPY (FREEZE) TREATMENT

Cryotherapy is the use of liquid nitrogen to remove skin lesions, such as: warts, molluscum, seborrheic keratoses (benign), and actinic keratoses (pre-cancerous).

What to expect:

- Liquid nitrogen is applied to the top of the skin lesion and surrounding skin. Freezing can cause a stinging or burning pain that peaks about 2 minutes after the treatment is performed.
- Within minutes after freezing, surrounding skin will become red and begin to swell. In most cases a blister will form within 3-6 hours. **Often there is a small amount of bleeding into the blister which will turn it dark purple or black.** This is expected and should not be cause for concern.
- The blister usually flattens in 2-3 days and sloughs off in 2-4 weeks.
- Scarring or hypopigmentation may occur. Follow the instructions below to minimize scarring.

How to care for the treated area:

- The blister may be tender for the first few days. Generally, it can be left uncovered, but you may want to protect it from irritation and rubbing with a band-aid.
- In most cases the top of the blister is a *natural* bandage which protects the new skin growing underneath. Leave the blister intact as long as possible. Attempts to remove the blister before the new skin is ready may produce scarring or infection.
- You should gently cleanse the treated area daily with mild soap and water.
- Apply Vaseline or Aquaphor Healing Ointment to the area twice daily.
- If the area is excessively uncomfortable, you may take an over-the-counter pain reliever such as acetaminophen (Tylenol®) or ibuprofen (Advil®).
- Protect the area from sun exposure while it is healing to help prevent scar formation.
- If discomfort persists, call your physician or provider at 601-910-3004.

Follow-up:

Please be aware that warts, actinic keratoses, and seborrheic keratoses often require several treatments. If your skin lesion is still present after healing (usually 3 weeks), schedule a follow-up appointment; otherwise, return as instructed by your clinician.