



Wound Care Instructions Liquid Nitrogen/Cryotherapy

Dr. Domingues performed **Cryotherapy/Liquid Nitrogen** treatment.

INITIAL CARE

- Apply Aquaphor or Vaseline to treated areas twice daily for 5 days.

DAILY DRESSING CARE

- You may cover areas with a small bandaid to avoid irritation if you would like. Otherwise, you do not need to cover.
- If a blister occurs, you may pop it with a sterile needle, but keep the roof of the blister intact as it acts like a natural bandaid.
- Keep any resulting wound **GREASY** with ointment and **COVERED** at all times until healed. It may take several days until fully healed.

BLEEDING:

- Is very unusual with liquid nitrogen. If light bleeding occurs, apply direct pressure over the wound for 20 minutes with a clean cloth.

DISCOMFORT:

- You may ice the area for 10 -15 minutes every hour for the first 24 – 48 hours while awake.
- For pain, take Tylenol (acetaminophen) every 6 hours or ibuprofen as needed.
 - **DO NOT** stop aspirin if you currently take a daily aspirin.

INFECTION:

- Infection is very rare with liquid nitrogen treatment. Signs of infection include increasing pain, redness, swelling, drainage, red streaks, or fever. If you develop a fever or red streaking, go to urgent care or the emergency room immediately.
- If you experience any signs of infection, call the office right away during working hours.

PHONE NUMBERS TO CALL (Please call us with any questions or concerns)

- Weekdays 7AM – 4PM Call the Clinic and ask for the nurse.