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LIQUID NITROGEN THERAPY

Another name for liquid nitrogen therapy is cryotherapy. Liquid nitrogen therapy produces a freezing injury. You can anticipate a burning pain for about 10 to 30 minutes, then perhaps some minimal soreness. Swelling and redness may occur within 24 hours. Drying and crusting may persist for approximately one week and pinkness may remain for up to one month.

- Keep the area clean with your normal daily cleansing.
- Discomfort and pain are usually relieved with Tylenol or Extra Strength Tylenol (Acetaminophen).
- Apply cool tap water compresses if you experience swelling and soreness. If you develop a large painful blister, it can be drained with a sterile needle.
- Apply **Bacitracin, Polysporin, Aquaphor, or Vaseline ointment** (all of which can be purchased **over the counter**) at least a couple of times a day in order to prevent scabbing and scaling.

It is normal for healing wounds to feel slightly tender to the touch and look pink around the edges. However, if after a few days it becomes increasingly red, swollen, and painful or develops a purulent discharge, please call the office. Please, also stay out of the sun to prevent further complications or discoloration.

IN CASE OF EMERGENCY:

During regular office hours, please call (858) 278-8835 (Option 3)
After hours and on weekends, please call the doctor
or his physician assistant at (619) 318-0952.