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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.

PLEASE CALL OUR OFFICE IF YOU HAVE ANY PROBLEMS AFTER THERAPY

(858) 278-8835 EXT 2

CARE FOR BIOPSY SITES

YOUR TEST RESULTS WILL BE AVAILABLE IN AT LEAST THREE WEEKS

If you do not receive a phone call from us in three weeks, please give our office a call.

Leave the bandage on for 24 hours and keep the area covered and moist.

If you experience any discomfort, take 2 Tylenol (Acetaminophen) tablets every 4 to 6 hours. We recommend that you avoid Aspirin, non-steroidal anti-inflammatory agents such as Motrin or Advil, and avoid alcohol, as this increases the likelihood that you will bleed. If you have a smartphone please take a picture of your biopsy site, with any anatomical landmarks adjacent to the site.

Clean the biopsy site once a day:

1. Use soap and water to gently cleanse the area and pat it dry.
2. Apply **Bacitracin, Polysporin, Aquaphor, or Vaseline ointment** (all of which can be purchased **over the counter**) to the biopsy site with a Q-tip.
3. Cover the site with a Band-Aid or Telfa pad or leave open with the ointment on the wound (especially for facial lesions or hair-bearing areas).
4. Do not allow the biopsy site to dry out or form a scab, as this will slow healing. If necessary, re-cleanse and reapply ointment to maintain a moist environment.
5. When the surface of the skin has healed (approx. 4-10 days) wound care may be discontinued.

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 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.