

Wound Care Instructions- Liquid Nitrogen/ Freezing

What to Expect the First Few Days:

Liquid Nitrogen is sprayed on the skin. It is so cold, it can feel hot. The freezing hurts a bit, but should not last longer than 20 minutes. That evening the skin will begin to die. Occasionally, a blister will form- if this happens it is OK to clean the blister with alcohol, rub a clean needle with alcohol and puncture the roof of the blister so that the fluid will drain. This will relieve the pain. If no blister forms, the skin will die, dry and crust. After a couple of weeks the dead skin will peel off. Do not forcibly peel the skin- this will increase your risk of scarring.

How to Care for the Skin:

Wash the area with soap and water twice a day. Keep a layer of polysporin on the area at all times. This will allow the wound to heal with the best cosmetic result.

Long Term Side Effects:

Freezing usually leaves no permanent mark on the skin, but can leave a brown color change to the skin that can last for several months. In some people, the area will heal with a spot that is lighter than the surrounding skin. This lightening is often permanent.

If you have any questions or concerns; please do not hesitate to call the office (405) 272-7044. After hour Pager Numbers are available for Emergencies.