

Wound Care Instructions – Liquid Nitrogen/Cryotherapy

Redness and swelling immediately after the procedure is normal. This should develop into a thin scab over several days.

It is ok to apply sunscreen, moisturizer, and or make up as needed immediately after the procedure. You should reapply sunscreen often as the spot is healing. It is ok to continue most of your skin care products during healing with the exception Retinoids for 7-10 days after.

A slight blister is also normal. Do not pop. Once a day, wash the area gently with soap and water and pat dry. Apply a layer of ointment (antibiotic ointment is ok if you are not allergic, otherwise use Vaseline or Aquaphor) and cover with a bandage. Repeat for at least the first 5 days. Wounds heal best under “moist occlusion,” and the goal is to avoid forming a hard, dry scab.

Bruising may be seen and mild redness and some itching is normal with wound healing.

Ice/cold packs may also be used as needed. For mild pain, over-the-counter pain medication (Tylenol, Advil) may be taken.

If tenderness and/or discomfort increase or persist for longer than 2 days, or you get swelling or yellow fluid or crust at the treatment site, please call us (415-887-9758), as this could indicate an infection.

For after-hours urgent issues, call 415-887-9758 and follow the prompts to reach your doctor.
For emergencies, call 911 or seek urgent care.