

## NORTH METRO DERMATOLOGY

### Cryosurgery (Liquid Nitrogen) Instructions

Cryosurgery (also known as “cold surgery”) is a common dermatological treatment used to destroy unhealthy tissue. Several treatments may be needed which are typically repeated every 4-6 weeks.

#### Common side effects:

- A pink or red color change of the skin
- A sore/crust
- A water blister
- A blood blister

#### It is important to care for treated site(s) to avoid infection and minimize scarring. Follow these instructions until skin is well healed:

1. Gently cleanse the wound one or two times daily with water and mild soap (i.e. unscented Dove, Cetaphil or Skin Wise Clinical Gentle Renewing Cleanser). North Metro Dermatology offers EltaMD<sup>®</sup> Dermal Wound Cleanser\*, an easy-to-use wound spray to apply to the wound one or two times daily.
2. To prevent scabbing, keep the treatment area moist with Bacitracin (available at most pharmacies) or a neutral ointment (such as EltaMD<sup>®</sup> Moisture Seal, Vaseline or Aquaphor).
3. If located where it may become dirty or where clothing or other friction may manipulate it, then apply a bandage or other non-stick dressing.
4. If you get a blister, allow the blister to “pop” and collapse on its own. The “roof” of the blister should not be removed since it serves purposeful protection.
5. Tylenol may be used to relieve minor discomfort (one or two 325 mg tablets every 4-6 hours as needed).

**Call the office or seek medical attention if:**

1. The area around the wound becomes painful or hot to the touch.
2. You see pus in the wound or red streaks extending from the wound.
3. You develop a fever.

\*This "first aid care" product is classified as an eligible expense by most HSA, HRA, and FSA plans. Check with your plan's administrator to confirm qualifying expenses, as well as any supporting documents that may be needed to substantiate your claim.



400 Village Center Drive, Suite 200 • North Oaks, MN 55127 • 651-789-9800  
northmetroderm.com