

Post Procedure Care: Cryotherapy

Expectations:

1. After treating with cryotherapy (freezing), the site will become pink and may even become swollen.
2. The treated site can develop crusting, scabbing, and potentially even blistering.
3. The treated site should heal within a 2-4 week time period. Healing time may vary slightly depending on the location of treatment.

Caring for the Site:

1. Gently cleanse the site daily and pat dry.
2. **Do NOT pick at the crusting or scabbing** as this can increase the risk for scarring.
3. Apply Vaseline petroleum jelly or Aquaphor to the site. Due to an increased risk of allergic reactions, do not use Neosporin.
4. If desired (optional), the site can be covered with a bandage.
5. If a blister should form, the blister can be left intact, following the care instructions above.

If the blister should become large, tense, or uncomfortable, it can be drained with a sterile needle. When draining a blister, do keep the skin on top intact to serve as a natural dressing. Continue to follow the care instructions listed above.

6. Continue caring for the site until it is well healed.

Call our office if:

1. Call our office for any signs of infection including:
 - a. pus or increased drainage
 - b. increased pain around the treatment site
 - c. increased redness or red streaks that develops around the treatment site
 - d. swollen lymph nodes near the treatment site
 - e. fever