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(704) 341-0090 (Ballantyne)      (704) 821-0615 (Indian Trail)

### **Liquid Nitrogen Instructions**

Liquid Nitrogen is a cold liquefied gas used to freeze and destroy superficial skin growths such as warts, actinic keratoses, and seborrheic keratoses.

- 1) Liquid nitrogen causes stinging and mild pain while the growth is being frozen and then thaws. This initial discomfort usually lasts for a few minutes, although you may experience some discomfort for the next 24 hours. Tylenol is usually adequate for pain.
- 2) After liquid nitrogen treatment, your skin may become red, swollen, and form a blister. You may develop a blood blister. The fluid may be drained from the blister in a sterile manner, but do not intentionally remove the top of the blister. A scab or crust will form, which will fall off by itself in one to two weeks. The skin growth will also come off with the scab, leaving healthy new skin.
- 3) No special care is necessary after liquid nitrogen treatment. You can wash your skin as usual and use makeup or other topical preparations. If anything irritates the area or the blister top comes off, cleanse the area with soap and water, apply vaseline, and cover the area with a small band-aid.
- 4) Please call the office if you experience any adverse effects, such as, extreme swelling, pain worsening over time, and infection.

If you have any questions please call us at (704) 341-0090 and press extension 4 to speak to one of the doctor's nurses.