

PENNSYLVANIA DERMATOLOGY GROUP, P.C.
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INSTRUCTIONS FOLLOWING LIQUID NITROGEN APPLICATION

1. Redness and tenderness in the area treated are normal and expected.
2. A blister (like those from a burn) may develop. It can be clear, deep red or black. Protect the site from friction or other injury with a bandage or band-aid. Do not shave the top of the blister.
3. If you have any discomfort, **TYLENOL** can be taken for relief. If you have persistent discomfort, cover the area with clean gauze and apply an icepack for 10-20 minutes as needed.
4. The blister can be opened **IN A STERILE MANNER** if it becomes too uncomfortable, using a **STERILIZED NEEDLE** and draining the fluid. You may leave the skin that formed the blister intact. Keep the site clean and cover with **VASELINE** and a band-aid until healed. You should use this same care if the blister ruptures on its own as well.
5. Your activities are otherwise unrestricted. It is okay to shower, swim or wear make-up. With time, the treated area will become a dry crust or scab – **LET THIS FALL OFF ON ITS OWN**. The time frame for the entire process depends upon several factors and can total several days to weeks.

Call the office if you have any additional concerns.