
Cryotherapy Aftercare Instructions

Cryotherapy is the use of liquid nitrogen to destroy various skin lesions such as warts, symptomatic benign keratosis, and pre-cancerous lesions such as actinic keratosis. Superficial skin cancers can also sometimes be treated with liquid nitrogen.

- A throbbing type of discomfort (over the counter Tylenol/acetaminophen works best for this)
- The treated area will become red and inflamed, then scaly and irritated (a blister may occur)
- If the site is on a hand or foot, you may develop a blood blister
- Typically in 1-3 weeks, the area will peel off and healthy skin will emerge from underneath
- Gently wash the area with soap and water and pat the area dry
- If the site becomes excessively irritated or itchy, apply a small amount of Aquaphor or Vaseline
- It is okay to use makeup and other skin products on the area, if clothing irritates the area, cover it with a small bandaid

If you have any questions or concerns, please contact us at (970) 682-3377.