

3829 Gaskins Rd., Richmond VA 23233
Mon – Fri : 7:30am – 4:00pm • Sat – Sun : Closed
Office 804-538-1033 • Fax 866.274.0799
mohscentermd.com

CRYOTHERAPY (LIQUID NITROGEN) WOUND CARE

Bandage Care

- Your provider treated a specific area(s) today with liquid nitrogen which will likely form a blister.
- You do not need to bandage the area until the blister forms and “breaks open”.
- Follow the instructions below for daily wound care when the blister “breaks open”:
 1. **Clean** and dry the area with tap water using a clean Q-tip or a sterile gauze pad
 2. **Apply** Vaseline over the entire wound. DO NOT use Neosporin.
 3. **Cover** the wound with a band-aid or sterile non-stick pad and paper tape.
 4. **Repeat** these steps at least once a day until the wound is completely healed.
- Continue normal activity and diet
- Take your regular daily medications as prescribed by your provider.

Expectations/Wound Healing

- All wounds normally drain as part of the healing process • The larger the wound, the more drainage will occur
- 7-10 days after cryotherapy, new skin will begin to grow
- New skin can be visualized with a shiny surface and dark pink or red in color
- Wounds can take anywhere from 4-6 weeks to heal completely, while larger wounds may take up to 6-8 weeks
- Tightness and sensitivity to temperature to the wound is normal, this will go away with time
- Applying Vaseline to site(s) will help relieve the itchiness sensation that is associated with wound healing

Possible Complications/When to Call

Signs/symptoms of infection:

- | | |
|--------------------------------------|--------------------------|
| • Warmth to the touch | • Fever |
| • Red streaking around surgical site | • Chills |
| • Increased pain | • Foul smelling drainage |