



Liquid Nitrogen Treatment Aftercare Instructions

- Today you have been treated with liquid nitrogen and it is normal for a blister to form at the treatment site within 24-48 hours (about 2 days). The blister will dry up and scab, but do not pick the scab, allow it to fall off on its own. Once this happens, a pink discoloration will be present.
- Occasionally, after the site has healed, a white spot may be left behind.
- You may wash the area with a mild soap such as Dove or Dial.
- There are no bathing or swimming restrictions, and it is not necessary to cover with ointment or Band-Aid.
- Women may cover the scalp with makeup if they prefer.
- If the lesion did not result completely in a couple of weeks, a second treatment may be necessary contact the office for a follow up.
- We advise a broad-spectrum sunscreen covering both UVA and UVB. Look for one of the following ingredients: Zinc oxide, titanium oxide with an SPF 30 or higher. Apply sunscreen 20 minutes before leaving home, reapply every 90 minutes (about 1 and a half hours).