



WOUND CARE INSTRUCTIONS for CRYOSURGERY (Freezing)

The treated area(s) will become a little red and irritated and may be slightly tender. These areas should peel off over the next 1-2 weeks.

The area(s) treated may develop some swelling. This is normal and will resolve.

The area treated with liquid nitrogen may also form a blister. You do not need to bandage the area until after the blister forms and breaks (which may be a few days). When the blister breaks, begin daily dressing changes as follows:

1. Clean and dry the area with tap water and mild soap, using a Q-tip or sterile gauze pad.
2. Apply Vaseline or Aquaphor ointment over entire wound. Do **NOT** use Neosporin or Triple Antibiotic ointment. It is OK to use Bacitracin or Polysporin.
3. Cover with a band-aid or sterile **non-stick** gauze pad and paper tape.

REPEAT THESE INSTRUCTIONS AT LEAST ONCE A DAY UNTIL THE WOUND HAS COMPLETELY HEALED WITH NO OPEN OR DRAINING AREAS.

FOLLOW-UP WITH OUR OFFICE IF YOUR LESION DOES NOT RESOLVE WITHIN 4-6 WEEKS OR IF YOU HAVE ANY CONCERNS REGARDING YOUR PROCEDURE.

SUPPLIES NEEDED:

- *Cotton tipped applicators (Q-tips)
- *Ointment as Vaseline or Aquaphor (NOT NEOSPORIN)
- *Band-aids, or **non-stick** gauze pads and micropore tape
(To order 3M tan micropore paper tape – Call: 1-800-321-0591)



PATIENT INFORMATION FOR CRYOSURGERY

- During the healing process you will notice a number of changes. All wounds develop a small surrounding halo of redness which means healing is occurring. Severe itching with extensive redness usually indicates a sensitivity to the ointment used to dress the wound or most times a reaction to the bandage tape. You should call our office if this develops.
- Swelling and/or discoloration around the cryosurgical site is not uncommon, particularly when performed around the eye or on other areas with thinner skin such as the hands.
- Mild oozing may occur. If so you may treat the site the same as if a blister forms. See instructions on side 1.
- Patients frequently experience **itching** after their wounds appear to have healed because of the continued healing under the skin. Plain Vaseline will help relieve the itching.
- Once the area has completely healed it may appear lighter or whiter than your normal skin (post-inflammatory hypopigmentation). This does not always occur, but is a potential occurrence after freezing.
- **Protect a fresh scar from the sun.** Use a sunscreen with SPF of 30 or greater as well as barriers such as clothing or a wide-brimmed hat.

IN CASE OF EMERGENCY: 317-859-8970