



## **CYROTHERAPY WOUND CARE** **(LIQUID NITROGEN FREEZING)**

- Liquid Nitrogen is extremely cold (-350°).
- When sprayed on the skin the top skin layer rapidly freezes.
- When you leave our office, the freezing site will probably be red and swollen, and it may sting and itch as it thaws. Expect the site to look worse over the next few days before it gets better.
- Swelling and/or blistering often develop within a couple hours after treatment.
- Keeping the wound moist with Polysporin or Vaseline will prevent thick scab from forming, which allows the wound to heal quickly and will also minimize scarring.
- It will take about 7-14 days for scab to fall off, leaving pink smooth skin underneath.

During the healing, please do the following **twice a day:**

- Clean your wound with water and soap
- Apply Polysporin or Vaseline **until the wound is completely healed**
- Neosporin may cause allergic reactions = redness at the site of application (even in the individual that used it in the past)
- Cover the bandage if needed (especially for the first 2 - 3 days)

**Should you have any questions, please call our office at (360) 681-6900 and ask to leave a message for a nurse.**