



Post-Procedure Care : LIQUID NITROGEN (Cryotherapy)

Information for patients who had treatment for Actinic Keratosis (pre-cancerous rough spots), Seborrheic Keratoses (benign rough spots), or Skin Tags

- ◇ The site(s) treated with liquid nitrogen will become red after the procedure and may develop a scab or blister after treatment. This is normal
 - DO NOT pick at the blister or scab or remove the top of the blister.**
- ◇ It is ok to bathe normally after your treatment. Gently clean the area in the shower or bath with warm water and mild soap, then pat dry. Apply Vaseline or Aquaphor to the area 1-2x daily. You do not have to keep the area covered with a Band-Aid, but certainly can if you prefer.
- ◇ If you were told you have a **seborrheic keratoses or skin tag**, these lesions are benign and are only treated only if they were symptomatic or for cosmetic purposes. Complete clearance of these spots is not medically necessary, however if the spot does not fully resolve you may come back for further treatment.
- ◇ If you were told you have an **actinic keratosis**, you need to watch the area to ensure it has completely resolved over the next 2-4 weeks. If it does not resolve (i.e. you still feel pain, soreness, or it is still rough), please call our office and schedule a follow up appointment for additional treatment. If left untreated, these lesions may transition into skin cancer. **Due to the increased risk of skin cancer when you have had actinic keratoses, a skin check is recommended every 6 to 12 months (or more often if recommended by your provider).**
- ◇ To reduce the risk of scar formation or discoloration, please practice good sun avoidance and use sunscreen

Call the office if:

- You have bleeding at the treated site that does not stop with firm pressure for 15 minutes or if you are concerned about infection

Our Office:

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