



107 Haywood Park Drive
Clyde, NC 28721

600 Alliance Court, Suite 200
Asheville, NC 28806

(828)565-0560

Gina R. Singleton, MD

Liquid Nitrogen (Freezing) Therapy Wound Care Instructions

Comments on the Post-Freezing Period

1. Immediately after the area is frozen, one can expect a stinging or burning sensation to last for 10 to 15 minutes.
2. The skin around the area that was frozen may appear “puffy” and reddened for several days.
3. You may experience a blister or even a blood blister over the area that was frozen. This blister may persist for a period of 1 to 2 weeks and then slowly resolve with crusting.
4. The area that was frozen may resolve with either an area of lighter (hypopigmented) or darker (hyperpigmented) skin. A small scar may persist indefinitely.

Daily Care of the Wound

1. Gently cleanse the skin with soap and lukewarm tap water 1 to 2 times a day.
2. If a blister should form, it is usually best to leave it intact. However, if the blister causes too much discomfort, it can be drained with a small, clean needle.
3. Try to protect the area that was frozen from excessive trauma. If a blister or open lesion forms, cover this area with some sort of dressing such as a Band Aid.
4. Apply an antibiotic ointment such as Bacitracin or Polysporin to any open lesions.
5. Should you experience any signs of skin infection (increased pain, redness, red streaking, or increased swelling,) contact our office.

Should you have any questions or concerns about wound healing, please do not hesitate to contact our office at (828) 565-0560.