Care After Freezing With Liquid Nitrogen – Patient Instruction
Minneapolis VA Medical Center Dermatology Section

You have just been treated with liquid nitrogen. This sheet will tell you how to take care of the treated area when you get home.

- You can expect some pain, redness, swelling, and blistering. The blisters may be very dark.

- The blister(s) will flatten and heal on their own. Do not stick them with a pin. They will flatten in two to three days. The blister will peel off in about two to three weeks.

- Keep the blister(s) clean with soap and water. If the blisters break, apply Bacitracin or Vaseline ointment and a band-aid. Change the band-aid twice a day.

- Keep changing the dressing until the skin is completely healed.

- Take one to two 325 mg acetaminophen (Tylenol) pills, every four hours, as needed for pain.

- If you have extreme pain, a wide rim or redness, oozing of pus, or a fever, call the Dermatology Clinic at (612) 467-5524, Monday through Friday, between 8:00 a.m. and 4:30 p.m. At any other time, you should call 1-866-687-7382.

Other instructions:
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_________________________________________ or ________________________________
Nurse’s Signature                      Physician’s Signature

Content approval: Dermatology Section
August 2001
Revised April 2003, January 2004, March 2005