

If you are concerned about the way your skin is healing you can always contact the:

Dermatology clinic on 020 7288 5062,  
mobile 07827 662 065 and Pager  
07699 705 445 (Monday - Friday, 9am- 5pm)

## Liquid nitrogen treatment

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### A patient's guide



.... caring for you 

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Liquid Nitrogen is used to treat many skin conditions. It is an extremely cold substance that works by freezing the area treated. It is usually used in a spray.

### **Pain**

The treatment may hurt a bit at the time and can be painful for a variable time afterwards depending on the area treated.

The dermatology nurse should be able to give you an idea of what to expect. If necessary, you can take a painkiller such as 'Paracetamol', two every four hours for a limited period (this is the adult dose).

### **Swelling**

There will be some swelling of the area treated. How much and how long it lasts, will depend on where the treatment was applied and for how long.

### **Blisters**

Sometimes blisters can develop. These are harmless, even if they contain some blood, and are best left alone; you can protect them with a sticking plaster.

They will normally burst on their own after a couple of days. If they do, always try to keep the area greasy with an ointment, e.g. Vaseline.

### **Healing**

The healing may take a few days or a couple of weeks, again this will depend on where the treatment was applied and for how long.

There will be some redness around the healing area and the centre of this will discharge a bit. The treated area will usually develop a scab which should fall off within time.

The area should heal slowly and does not usually require any dressing.

Use Vaseline to keep the area greasy and prevent a scar forming. If necessary, you can protect the area with a sticking plaster

**Don't worry if it looks alarming.** It is very rare for an infection to develop. Any discharge from the area or redness around it is part of the normal healing process.