



CRYOSURGERY INSTRUCTIONS

GREATER WASHINGTON DERMATOLOGY, PA/CAPITAL DERMATOLOGY, PA

Some pain and swelling after treatment is normal and can be controlled with cool tap water compresses. If necessary, Tylenol, aspirin, or Advil may be taken as instructed on the bottle to relieve the discomfort. Normal bathing or showering is allowed after treatment.

Often a blister or welt will develop during the first 24-48 hours. The blister may contain clear, red, blue, or black fluid. If a large or painful blister develops, clean a needle and the blister with rubbing alcohol, puncture the blister, and wash away the fluid under running water.

The treated area will dry and crust. If the area treated was on the foot, moleskin or circular donut-shaped pads can be cut to fit around the treated area for the purpose of reducing pressure and friction.

If the treated area becomes an open sore, dress it twice daily with petroleum jelly (Vaseline) and a bandage. Continue until the wound is completely healed.

Possible complications of cryosurgery include infection, alteration in skin color and sensation, recurrence of the lesion, and scarring. Although rare, some scars can become thick, tender, and unsightly. If a thickened scar develops, call our office for an appointment. Signs of infection are redness, swelling, pus-like drainage, or increased pain in the treatment site. If any of these occur, call our office.

If you had a **wart** treated *and* you were instructed to initiate or continue home treatment, you may generally begin application 5 days after cryosurgery.

- Soak affected area in water for 5 minutes
- Remove dead skin with a pumice stone, file, etc. (available from your pharmacy). This is the most important part of your treatment. Do your very best to remove all of the dead skin. Applying the medication to dead skin is like putting two wires together without removing the insulation—they won't conduct electricity.
- Apply 2 coats of Duofilm or Occlusal, or similar. (available from your pharmacy), allowing for drying between coats.
- Cover with gray duct tape (available from your hardware store)
- Repeat daily

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A final word: Warts occur because of infection with the human papilloma virus (HPV). To date, we do not have medications that destroy this virus. Therefore, treatments for warts, including cryosurgery (liquid nitrogen), blistering agents (cantharone and bleomycin), and others require **regular and repeated** treatment. This may be frustrating at times, but persistence usually pays off.