



Cryotherapy Wound Care Information

FREEZING WITH LIQUID NITROGEN

Initially

After freezing treatment there is a mild to moderate discomfort for up to one hour. Following this there will often develop a blister that reaches its maximum size in about 8 hours.

A blister may form

The blister is normally filled with a clear fluid but this may be blood stained. In some cases a blister does not form but a moist scab develops.

Puffiness

Around the eyes (if this area has been sprayed) there may be puffiness for 2 to 4 days.

The blister

If the blister is not troublesome leave it in tact and let things take their own course. If the pressure of the fluid causes discomfort or the blister is annoying you can dab the area with an alcohol wipe and "sterilise" a pin in boiling water or with a hot flame and prick the blister.

Cleaning the area

After pricking the blister, or after it bursts naturally, the area should be gently wiped twice daily with:

- A salt water solution (mix one teaspoon of salt in a cup of cooled boiled water).

Protecting the area

Fixomul or Hypafix can be used if a dressing is required with an underlying absorbent gauze/swab. It is good to allow water to run over the areas in the shower, but soaking in a bath or washing up water should be avoided until the wound has healed.

Healing

Healing occurs as the blister develops into a scab, dries out and separates and the new skin forms underneath. The process usually takes 2 to 3 weeks.



For enquiries or concerns, please contact
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