



ANKLE & FOOT CENTER OF FOX VALLEY, LTD.

Nancy A. Jagodzinski, D.P.M.

Board Certified Podiatric Physician & Surgeon

*With care...this pair
will last a lifetime.*

Liquid Nitrogen Treatment (Cryotherapy)

Liquid nitrogen is a cold, liquified gas with a temperature of 52 degrees below zero Celsius (minus 61.6 degrees Fahrenheit). It is used to freeze and destroy superficial skin growths such as warts. Liquid nitrogen causes stinging and mild pain while the growth is being frozen and then thaws. The discomfort usually lasts less than fifteen minutes.

After liquid nitrogen treatment, your skin will become swollen and red and it may blister during the first 24 hours. A scab will form and will fall off by itself in one to three weeks. The skin growth will come off with the scab, leaving healthy, new skin.

Generally, no special care is needed after liquid nitrogen treatment. You can wash your skin as usual. If clothing irritates the area, cover it with a small bandage.

If a very large or uncomfortable blister develops, you may open it with a sterilized needle. The needle can be sterilized by wiping with rubbing alcohol. Gently clean the blistered area with soap and water followed by rubbing alcohol. Insert the needle into the edge of the blister as needed to allow the blister contents to escape. Press the blister gently to force out the fluid or blood. This will reduce pain caused by blister fluid pressure. If a blister reforms, it may be opened again. Do not remove the top of the blister since its presence helps prevent infection until the new skin beneath can replace it. Protect open sores or punctured blisters with Neosporin + Pain Relief Cream applied twice daily under an adhesive bandage for 24 to 48 hours.

If you notice any signs of infection such as oozing of a discolored substance (pus), spreading redness, excessive swelling or increased pain usually appearing 2 days or more after the office treatment, please call the office. Your usual pain reliever (such as Advil, Motrin, Ibuprofen) is normally sufficient to alleviate discomfort. Intermittent use of an ice pack for 5 to 10 minutes each hour can also be used if needed. If you have severe pain, please call our office. Do not pick at crusted areas. Allow them to come off on their own.

Sometimes liquid nitrogen fails or does not completely remove the growth. This is especially true with larger warts which often require more than a single treatment for cure.

3/2021