

Liquid Nitrogen Therapy (Freezing)

After Care Instructions

- Immediately after the area is frozen, you can expect a stinging or burning sensation to last between 10-15 minutes
- Keep out of sun. Use sunscreen. Reapply every 2 hours when exposed
- The skin around the area that was frozen may appear "puffy" and reddened for several days.
- You may experience a blister, or even a blood blister, over the area that was frozen. The blister may persist for a period of 1-2 weeks, and then slowly resolve with crusting.
- The area that was frozen may resolve with either an area of lighter or darker skin. A small scar may persist indefinitely.
- Ok to use a Band-Aid
- A change in sensation (such as numbness) may be experienced and is usually temporary.

Daily Care:

Should a blister form, it is usually best to leave it intact. However, if the blister causes too much discomfort, it can be drained with a small clean (alcohol-dipped) needle.

If the blister breaks or if the area becomes weepy, clean it once daily with tap water; and cover with an antibiotic ointment (such as Bacitracin, Polysporin, or Neosporin) and a Band-Aid.

If the area needs to be retreated, please wait a minimum of 4 weeks.

Should you have any additional questions, please do not hesitate to contact us at (760) 942-2991

Medical Aesthetics



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