



Caring for your Cryotherapy Site(s)

Cryotherapy is a standard therapy for both benign and malignant conditions of the skin. This handout hopes to answer or anticipate any questions you have.

After the Procedure

You will note swelling and redness around the site. This is normal.

Your 'sharp' feeling of discomfort will continue for a few more minutes, and then give way to more of a 'sore' feeling.

For this discomfort, you may take acetaminophen (Tylenol®) or Ibuprofen unless you have been instructed otherwise by your physician.

Over the next few days, you may develop a blister at the treated area, or the area may begin to weep or drain. If the blister is tense and uncomfortable, you can pop it with a sterile (heated under a flame or cleansed with alcohol) needle. If the blister does not bother you, no treatment is needed.

However, do NOT peel off the top of the blister roof. It will act as a dressing on top of your wound. If you want to camouflage the area, you may gently pat makeup on the spot.

Wound Care

You may bathe or shower as per your regular routine. Use a gentle cleanser, do not scrub the treated area, and apply a thin layer of plain Vaseline or Aquaphor. You should try to keep the area moist as this will speed healing. Please continue instructions listed above even if the lesion becomes an open sore. Do not attempt to dry it out with rubbing alcohol or hydrogen peroxide, this is damaging to healthy skin. You should try to cover the area with a band-aid if it is an open sore.

Continue this regimen until the area is pink and healed. Depending on the size and location of the site, and your own body's ability to heal, this may take 2 to 3 weeks.

The area may continue to be pink for several weeks, and over the next few months the area may become darker or lighter than the surrounding skin. This usually fades with time but may be a permanent change. Use sunscreen over the area to prevent further uneven color due to sun exposure.

Signs of an Infection

Symptoms of infection include a large area of surrounding redness, white pustular drainage, swelling, or pain that is not controlled by over-the-counter pain medication.

If you have questions about your cryotherapy treatment site, please call us at (512) 533-9900.