

**Patient  
Information**

# Liquid nitrogen treatment

## Introduction

Liquid nitrogen is very cold, but gives a similar reaction on the skin to a burn. There is a risk of some crusting and blistering after the treatment.

## After your treatment

- Keep the area dry for a day or two, leave open to the air if possible
- Do not touch any blisters that are not painful. If your blister is painful it can be popped using a needle that has been sterilised in heat or boiling water
- If needed, a dry dressing can be used to protect the treated area from dirt or rubbing on clothes. Please make sure that the dressing allows the air to the skin. Do not use a waterproof plaster
- Use Vaseline® (petroleum jelly) regularly rather than a dressing. This will protect the healing wound
- There will be some swelling around the treated area. This may be very noticeable in areas where the skin is loose, such as around the eyes
- Pain relief such as paracetamol may be taken if you have any discomfort
- Do not pick at the treated area!

Reference No.

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Department

**Dermatology**

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