



Sound Dermatology

## POST-CRYOTHERAPY CARE

### What to Expect After Cryotherapy

Cryotherapy uses liquid nitrogen to freeze and destroy abnormal skin cells. After treatment, the area may become red, swollen, and irritated. A blister may form within 24 hours and is a normal part of the healing process.

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### What Is Normal

- Redness and mild swelling
  - Blistering (clear or blood-filled)
  - Tenderness or mild discomfort
  - Crusting or scabbing as the area heals
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### How to Care for the Area

- Keep the area clean and dry
  - Gently wash with soap and water daily
  - Apply a thin layer of petroleum jelly if needed
  - Cover with a bandage if the area is irritated or draining
  - Allow any blister to heal naturally—do not intentionally pop it
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### If a Blister Forms

- Blisters are common and expected
  - If the blister becomes large or uncomfortable, it may be carefully drained
  - Do not remove the overlying skin, as it protects the area while healing
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### Activity Guidelines

- Normal daily activities can usually be continued
  - Avoid trauma or friction to the treated area
  - Be cautious if the area is on the foot or another pressure site
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### When to Follow Up

- If the area is not healing as expected
  - If there is increasing redness, swelling, or pain
  - If there are signs of infection (pus, warmth, worsening tenderness)
  - If the lesion does not resolve or returns
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### Key Points to Remember

- Blistering is normal after cryotherapy
- Healing typically occurs over 1–3 weeks
- Do not pick at or remove scabs or blisters
- Some lesions may require repeat treatment