



## CRYOTHERAPY (LIQUID NITROGEN)

### What is Cryotherapy?

Cryotherapy is a quick, in-office treatment that uses liquid nitrogen to freeze and destroy unwanted or abnormal skin cells. It is commonly used to treat actinic keratoses (precancers), warts, benign growths, and other superficial skin lesions. Freezing the lesion causes the abnormal cells to peel away so healthy new skin can form.

### What to Expect After Treatment

- Liquid nitrogen may feel hot when applied. Expect a burning sensation that usually fades in 1–2 hours, though some tenderness may last 1–2 days.
- The treated area may be red and tender.
- A blister may form within a few hours. Do not pop it unless it becomes large or painful. The blister usually dries, hardens, and falls off in about two weeks.
- Treated skin may occasionally have some discoloration (white, brown, or red). This often improves over time, but permanent changes are possible.

### Care of the Treated Area

- No special care is needed; you may wash and use cosmetics as usual.
- If blister forms:
  - Avoid popping.
  - Keep covered and allow to drain naturally on its own.
  - If blister becomes large and uncomfortable, please contact the office.

### When to Call the Office

Call us if the area becomes:

- Very tender, red, swollen, or warm
- Draining thick, yellow, or foul-smelling fluid

**Phone: 844-SUN-DERM or 844-786-3376 OR visit us on our website:  
[suncoastskin.com](http://suncoastskin.com)**