

POST CRYOSURGERY (“FREEZING”) INSTRUCTIONS:

1. You can expect redness and soreness at the treated site(s) for a few days. Acetaminophen (Tylenol) or ibuprofen (Advil, Motrin) may be used to relieve this discomfort.
2. Sometimes, a blister or blood blister forms. It is best to leave the blister intact. The blister may be as large as a small grape, especially on the hands or feet.
3. **As long as the skin is intact, no special care is required. Simply ignore the site, washing/showering as you would normally.**
4. If a blister forms and is uncomfortable, you may carefully cut a hole in the roof of the blister using a small scissor that has been heat sterilized or cleaned with rubbing alcohol.
5. If a blister forms and breaks accidentally or if you have opened it within the first 2-3 days, cover the area with petroleum jelly or coconut oil and a clean adhesive bandage daily for 5-7 days. If you cannot bandage the area, simply coat with the ointment three times daily for 7 days.
6. It may take 1-4 weeks to see complete resolution of the lesion.
7. Lesions may require several treatments before disappearing completely. Once resolved, the site(s) should be observed for recurrence, which should be reported to the doctor promptly.