
Liquid Nitrogen Treatment & Aftercare

Liquid nitrogen is often used to treat skin lesions such as warts, actinic keratoses, and seborrheic keratoses. Freezing damages the treated lesion and helps prevent its continuous growth. Some lesions may require multiple treatments.

What to Expect

- Liquid nitrogen is applied to the top of the skin lesion and can extend to the surrounding tissue. Freezing can cause stinging and burning pain.
- Within minutes, the treated lesion may become red and begin to swell.
- A blister may form — often with a small amount of bleeding into the blister, turning it dark purple or black.
- The blister will flatten and slough off in 2–4 weeks. Healing times will vary by location.

How to Care for the Treated Area

- As the blister may be tender for the first few days, you may bandage the area — though it most often does not require a bandage.
- Do not submerge treated areas (swimming, washing dishes, hot tubs) during the first 24 hours.
- Gently clean the area daily with mild soap. It is OK to apply Vaseline to the area.
- If the area is excessively uncomfortable, you may take over-the-counter pain relievers such as Tylenol or Ibuprofen.
- **Follow-up:** If the lesion is still present after 30 days, please schedule an appointment. Some lesions require multiple treatments.