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## POST-CRYOTHERAPY SKIN INSTRUCTIONS

### CARE AT HOME

The area where cryotherapy was performed will turn red and inflamed appearing over the next few days. Soon thereafter, a blister will perform. Do NOT deliberately rupture the blister. Leave it alone and it will either rupture spontaneously or disappear on its own. After the blister, a scab will form which should be left alone. Once it falls off, new skin should be formed underneath. Repeat cryotherapy may be required and will be determined at your follow-up appointment, usually 3-4 weeks later.

Throughout this process, the area should be kept dry and clean.

A thin application of bacitracin should be applied 2 times a day until your doctor tells you otherwise.

The wound area must be kept protected from sunlight for at least 3 months, both with sunblock (30 SPF or higher) as well as physical barriers (hat, scarf, etc). Without such protection, sunlight exposure may lead to hyper-pigmentation that is not easily correctable.

If you have any questions, please do not hesitate to call and speak with our nurse, Judy Foster, R.N., at the above number.