

Service: **Dermatology**

Advice for Patients Treated with Liquid Nitrogen (Cryotherapy)



Your treatment:

- Liquid nitrogen is a very cold substance which, when applied to the skin, usually produces a blister.
- It causes a stinging discomfort that is not severe and local anaesthetics are not used. The treated area will become red and might be tender, and a blister may form. The area should be treated with care for a few days.

You **do not** need to apply any cream or ointment to the treated and healed areas.

Liquid nitrogen often needs to be repeated every few weeks.

Care:

- You do not need to cover the treated area unless it is being constantly rubbed, then a sticking plaster or dry dressing can be used. Remove dressing if it becomes wet as this may cause infection.
- If the area becomes tense or starts to expand, it can be burst with a clean, flamed or boiled (cool) sterile needle and covered with a dry dressing.

You can take simple pain relieving drugs e.g. paracetamol if you experience any discomfort or pain.

NHS Constitution. Information on your rights and responsibilities. Available at www.nhs.uk/aboutnhs/constitution

**PATIENT
APPROVED** 

 www.nbt.nhs.uk

If you or the individual you are caring for need support reading this leaflet please ask a member of staff for advice.

© North Bristol NHS Trust. This edition published July 2019. Review due July 2021. NBT002658

**Take Part
Be Involved**
In research



Research is everyone's business
Learn more about the wide range of research that takes place here every day.

www.nbt.nhs.uk/research



**Southmead
Hospital Charity**

southmeadhospitalcharity.org.uk

Southmead Hospital Charity raises funds for departments and wards throughout the Trust, meaning you can support an area close to your heart