

**POST CRYOTHERAPY INSTRUCTIONS:**

**(Liquid Nitrogen on the skin)**

1. Redness and thawing may occur within minutes of cryotherapy.
2. Avoid trauma to the site.
3. A clear blister or blood blister may appear on the skin in the treated area within 12-48 hours.
4. For pain, you may take 2 Tylenol or 2 Ibuprofen every 4 hours.
5. You may clean the area with soap and water. Dry the area immediately after cleansing.
6. After the blister breaks, clean the area as explained above and apply Polysporin ointment to the wound 2 times a day. If there is any drainage a Band-Aid may be applied.
7. Notify the physician if any of the following symptoms occur:
  - Discolored drainage from the area
  - Fever over 101 degrees F
  - Red streaks extending out from the wound

**NORMAL OFFICE HOURS ARE 8:00 AM – 4:00 PM MONDAY – THURSDAY.**

**Please direct your questions or concerns Kristin at (314) 434-1111 ext. 114**