

# Ambulatory Care: Wound Care Instructions (Cryotherapy)

## Procedures/Care

The care you received in Ambulatory Care is only the beginning of your care journey. It is important that you continue treatment once you are home. These instructions were developed to help you to a speedy recovery.

## Instructions for Cryotherapy/Treatment with Liquid Nitrogen

- Cryotherapy results in a superficial destruction of the upper layers of the skin, due to the freezing caused by liquid nitrogen. Your site will react with redness, swelling and possible blistering. It may be followed by a period of weeping which will likely last 48 hours. There will be scabbing and crusting of the wound. It will begin to heal and should be completely healed in two to three weeks.
- You may shower and pat dry the affected area. You may wear a bandage over the wound, although this is not necessary.