

TWIN PEAKS DERMATOLOGY, PC

JOHN FUESTON, MD

DIPLOMATE AMERICAN BOARD OF DERMATOLOGY FELLOW AMERICAN ACADEMY OF DERMATOLOGY

POST-CRYOTHERAPY/FREEZING INSTRUCTIONS

1. The area will start to develop a blister and/or become crusty in 12-48 hours. Once this starts to occur, apply an ointment twice a day as detailed below.
2. Apply Neosporin twice a day. If you are allergic to Neosporin you can substitute Polysporin, Bacitracin, Vaseline, or Aquaphor instead.
3. You do not have to place a bandage over the site, but you may if you want to. You may use Band-Aids as your bandage. If you are getting a rash from the Band-Aids, you may instead make a bandage using regular gauze or Telfa pads (non-adhering gauze) secured in place with paper tape. These items are available at all pharmacies. Paper tape is much less irritating to the skin than Band-Aids.
4. Healing may take several weeks.
5. You may shower, but please do not swim or take a bath until the wound is completely healed. While in the shower please avoid spraying water directly onto the wound. You may use a mild soap and water to gently clean the area. After showering, pat the area dry with a clean towel and then place an ointment and bandage as described above.
6. Pain after a cryotherapy/freezing is usually mild and may be controlled with Extra Strength Tylenol. You should avoid pain relievers containing Aspirin, Motrin/Ibuprofen, Aleve/Naproxen for two days following your cryotherapy/freezing because they may cause bleeding. You may continue to take Aspirin if you are taking it for heart attack or stroke prevention.
7. Drainage of a small amount of clear yellow fluid and a little bit of redness around the edge of the site is normal. Call immediately if you have unexplained fever, excessive swelling or pain, red streaks radiating from the site, an inch or more of redness around the site, or drainage of pus as these are the signs of infection.
8. If you have any questions, please call the office at 303-485-8913.

TWIN PEAKS DERMATOLOGY, PC
205 SOUTH MAIN STREET, SUITE E
LONGMONT, CO 80501

PHONE: (303)-485-8913

FAX: (303)-485-8914