

COLUMBIA SKIN CLINIC, LLC

These instructions are provided for general care after simple skin surgery and liquid nitrogen treatment. If your provider gave you specific instructions, please follow those.

Areas Treated by Liquid Nitrogen (Freezing)

If a fluid-filled blister develops, you may sterilize a needle and puncture the blister to drain the fluid. Do not remove the top of the blister. An antibiotic ointment/Vaseline (as directed by your physician) may be applied to the area in this case. It is okay for these areas to get wet. Regular washing of the area should be continued as usual, paying attention not to disturb the healing process. For the female patients, make-up should not be applied to the open area.

In some cases the treated area will not blister, but instead will scab over and fall off in one to two weeks. Make sure you do not pick the scab. Allow the scab to fall off on its own. In case of discomfort the following may be applied:

- Vaseline
 - Polysporin
 - Bacitracin
 - Bactroban/generic prescription
-

Wound Care Instructions after Biopsy/Removal/Excision

Beginning tomorrow, cleanse the area at least once to twice a day with one of the following solutions:

- Hydrogen Peroxide
- Sterile Saline Solution
- Soap and Water

After cleaning the wound, apply one of the following antibiotic ointments. Apply a non-stick bandage to cover the wound.

- Vaseline
- Polysporin
- Bacitracin
- Bactroban/generic prescription

It is acceptable for the wound to get wet after 12 hours. Make sure to cleanse and re-apply ointment and a bandage.

When cleansing, gently remove the scab since scab formation slows the healing process and increases the risk of scarring.

If the wound becomes red, swollen, or painful contact your physician. This could be a sign of infection.

If sutures were placed in the wound, continue this wound care until the sutures are removed. Makeup, sunscreens, moisturizing lotions or creams should not be applied to the treated area.