



## **Post-Op Instructions** **CRYOTHERAPY**

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Dear Patient:

You have just had cryotherapy for the treatment of a pre-cancerous or other benign (non-cancerous) skin lesion. You can expect the pain to rapidly decrease over the next 45 minutes. The area treated will initially turn red and over the next 72 hours turn brown to black. A scab will form that will peel off by itself within 5 to 7 days. A blister or reddish purple blood blister may form where the area has been treated.

### **What is an Actinic keratosis?**

Actinic keratosis are rough, scaly, slightly raised growths that range in color from brown to red and may be up to one inch in diameter. Actinic keratoses (AKs) develop after year of sun exposure and are most common on the face, ears, hands, and forearms. 5% of AKs have the potential to become Squamous Cell Carcinoma (a type of skin cancer) so it is important to treat them. There are several different treatment options for AKs, which will be discussed at your visit.

### **How long will the pain last?**

It should stop within an hour. Although, if the area becomes red or very sore at any time, please call the office. This may be a sign of infection.

### **Can I wash or use makeup?**

Yes.

### **Should I break the blister should one form?**

If the blister is bothersome, you may break the blister with a clean needle. Keep the area dry and as clean as possible in order to prevent infection. Natural skin is the best protection to prevent infection.

### **Will this leave a scar?**

It could, but it is very unlikely. However, it may leave a slight discoloration, which should be temporary.

### **What if the skin growth doesn't go away after this has healed?**

The providers treated this area believing it did not have cancerous roots and was strictly limited to the surface of the skin as a pre-cancerous or benign growth would be. The growth may not disappear, or it may return over a period of time. You need to have this area checked again at your follow-up appointment to ensure that it does not need further treatment, or that it has resolved.