



GRANT GERNER, MD

Wound Care Instructions for Cryosurgery (Freezing Treatment)

Wounds from cryosurgery, or freezing, are similar to minor burns. They typically are tender for the first few days. A scab should develop at the treated site. Sometimes a blister will form.

Generally, care for the wound is to keep the site moist or “greasy” with clean petrolatum, (e.g. Aquaphor), until the scab flakes off on its own. Do not scratch or pick at the scab.

If a blister forms, try to keep the blister intact. Use petrolatum to keep it moist. And use an appropriate sized bandage to protect the blister. The fluid within the blister will gradually be reabsorbed and then the wound will have a scab. If the blister stays intact, the risk of the wound becoming infected is minimal.

Once the scab has sloughed off, the area of treatment will normally be pinkish to white in color. It is best to keep the wound area protected from sunlight until normal skin color returns which can take several months.

Water/Bathing

There are no restrictions of normal bathing or swimming unless the wound develops a blister that ruptures. If that occurs, showering and cleansing of the wound IS recommended, however, swimming in a pool or hot tubbing should be avoided until the wound develops a scab.

Infection

It is normal to have mild tenderness of a wound. This should slowly subside after a few days and up to two weeks.

Signs of infection include:

- Pus coming from the wound
- Wound area is extremely tender to the touch
- A red streak on the skin appears near the wound
- Lymph glands swell and become tender
- Fever develops
- Wound becomes more painful or swollen more than two days after the procedure
- Redness and swelling is more than ½ inch around the wound

If any of these signs of infection occur, call Dr. Gerner at the numbers listed below, or go to an Urgent Care Center or Emergency Room.

If you have any complications, please call the office: 505-795-7735

If it is after office hours, call Dr. Grant Gerner's cell: 505-699-8063

Or you may call his wife/Office Manager's cell: 505-699-8064

If you cannot reach Dr. Gerner you may need to go to an Urgent Care Center or an Emergency Room for immediate care.