



## POST LIQUID NITROGEN CARE FOR SEBORRHEIC KERATOSES

### WHAT TREATMENT WAS PERFORMED TODAY?

You had one or more seborrheic keratoses treated with cryotherapy (also called liquid nitrogen or freezing).

### WHAT ARE SEBORRHEIC KERATOSES (SK'S)?

Seborrheic Keratoses are benign spots that are very common and tend to increase with age. They are often inherited. They do not require treatment unless they are inflamed.

### WHAT CAN I EXPECT AFTER THIS TREATMENT?

The discomfort you are experiencing will most likely subside in 10-15 minutes.

- Areas treated will probably blister. If the blisters are uncomfortable, you may pop the blister, but do not pull off the skin.
- One to two times a day, gently clean areas with mild soap and water, pat dry and apply a small amount of antibiotic ointment or Vaseline to each spot treated. Do this until the treated sites are completely healed.
- Vinegar soaks may be helpful for healing and reduction of risk of infection. Instructions are below.
  - 1 Tbsp white vinegar in 1 pint warm water; soak with soft cloth or gauze for 10-15 minutes; pat dry; apply ointment and bandage; repeat 1-2 times daily until healed.
- For any discomfort, you may take Tylenol or Ibuprofen.
- Watch for any signs of infection such as unusual redness, swelling, pain, tenderness or yellow drainage. If any of these should occur, please message us on Klara or call the office at 205.877.9773.

### WHAT CAN I DO TO PREVENT NEW SK'S FROM FORMING?

There is really no effective way to prevent SK's from occurring. They occur on both sun-exposed and non-sun-exposed skin.

### WHAT ARE OTHER WAYS OF TREATING SK'S?

While freezing is the most common treatment, there are other treatments. Shave removal or lasers can help in some cases, but freezing remains the gold standard.

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