

## Liquid Nitrogen Treatment

Liquid nitrogen is extremely cold. It will freeze any living tissue it comes into contact with. Applying small amounts of liquid nitrogen to various skin problems is now a standard treatment.

### **What can it treat?**

Warts, veruccas, skin tags, small fleshy growths and similar small 'lumps and bumps' on the skin are ideal for liquid nitrogen treatment.

### **Is it painful?**

Applications usually last about 10-30 seconds. Try holding a cube of ice against your skin for 10-30 seconds. It is uncomfortable but usually not too painful. Liquid nitrogen applied to skin is similar but colder and most people find the discomfort quite bearable.

### **What can I expect?**

After a treatment the lump, wart or whatever is being treated will gradually discolor and fall off. The surrounding skin will sometimes become red and swollen and be sore for a day or so. It is similar to a mild burn. Occasionally a blister (sometimes a 'blood blister') forms. If this happens it is best to pop it with a clean pin and apply a plaster. New skin quickly forms and any scab or blister will soon disappear. The cosmetic result is usually good.

### **Does it always work?**

Usually it does. However, sometimes thicker warts or veruccas need two or more sessions of liquid nitrogen treatment over a period of a few weeks to get to the root. Compared to other treatments most people find liquid nitrogen the most effective and the least time consuming way of removing these skin blemishes.