



BAY AREA COSMETIC DERMATOLOGY

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POST CARE FOR LIQUID NITROGEN AND/OR WART REMOVALS

[AKA LN2]

HOW TO PREPARE

- Avoid medicated and/or active topical products for 2 days prior to treatment. These include retinoids, tretinoin, glycolics, salicylic acids, lactic acids, hydroquinone products (which is the active ingredient in many of the Obagi brightening products), dapsone, acne products, or precancer treatments as directed by your provider.

WHAT TO EXPECT

- Following the treatment, the treated area(s) should become dark red or brown in color.
- Treated areas may form a blister. Please refrain from picking or scrubbing the area until fully healed.
- Healing time may take up to 1-2 weeks on the face, or 2-4 weeks on the body.

HOW TO CARE FOR SKIN

- While the area is healing, apply a small amount of Vaseline or Aquaphor to the treated area 1-2 times daily.
- During the healing process, use only a Gentle Cleanser, Gentle Moisturizer and SPF 30+ over the area.
 - Recommended products include:
 - **Gentle Cleansers:** [Obagi Gentle Cleanser](#) or [Neocutis Gentle Cleanser](#)
 - **Moisturizers:** [Neocutis Biocream](#), [BACD Ultra Lite Hydrating Cream](#), or [SkinMedica TNS Ceramide](#)
 - **Sunscreen:** [Tizo 3](#), Colorescience [Even Up](#) or [All Calm](#), or any of our [EltaMD](#) options.
- Avoid applying medicated and or active products on treated areas until healed. (listed above under “How to Prepare”)
- Once the scab or crust falls off, the area underneath while healed, may remain pink or red for up to 3 months. Please apply sunscreen on the spot until the pigmentation resolves.

If your provider has given you instructions deviating from the general recommendations in this document, please follow your provider's personalized instructions.

Questions or concerns? Please securely send a direct message to your provider through BACD's online patient portal: [MyPatientVisit](#) or call the office 415-292-6350.