Reduce your risk
• Don’t scratch or pick at the wart as this may spread infection
• Don’t touch other people’s warts.
• Don’t share towels, flannels or other personal items with a person who has warts
• Don’t share shoes or socks with someone who has a verruca
• Wear flip flops in communal showers and in swimming pool changing area

Possible side effects of treatment
• Slight discomfort may occur following treatment
• Blisters may develop within a few hours, followed by scab formation
• Loss or increase of pigment (skin colour) in areas treated may occur and may take several months to recover or may not fully recover
• Occasionally, infection of blistered areas may occur
• Occasionally, scarring may occur

If you have any worries following your treatment, please telephone the dermatology and skin surgery service on 0191 519 5850 or contact your own GP surgery.

Dermatology and skin surgery service
Bunny Hill, Primary Care Centre, Hylton Lane, Sunderland, SR5 4BW.
Tel: 0191 519 5850

Sunderland Teaching Primary Care Trust is committed to raising the standard of written information for patients, their carers, people who use the NHS and the general public.

This information can be made available in another format or language on request.
Please contact the Communications and PR Team Tel: 0191 529 7118 Email: mopol@sotw.nhs.uk
**What is liquid nitrogen treatment?**

Liquid nitrogen can treat warts, verrucas, skin tags, small fleshy growths and similar small 'lumps and bumps' on the skin. Liquid nitrogen is extremely cold. It will freeze anything it comes into contact with. Applying small amounts of liquid nitrogen to various skin problems is now a standard treatment.

Application is usually by a spray and lasts about 10 - 15 seconds. It is uncomfortable but not usually painful.

**Your appointment**

- Your GP should have explained why you have been given an appointment at the dermatology clinic
- You should be seen within 30 minutes of your appointment time
- You are expected to make your own arrangements to travel to your appointments

**Your treatment, what you can expect**

- You will see a nurse who has been trained to apply liquid nitrogen
- Liquid nitrogen may need to be repeated for a maximum of six treatments
- When applied to the skin liquid nitrogen may cause a blister to form, similar to a burn
- After treatment whatever is being treated will gradually discolor and fall off, this may take up to ten days
- The surrounding skin may sometimes become red and swollen and be sore for a day or so

If you experience some pain, this should be well controlled with your usual simple pain relieving drugs. Such as, Paracetamol.

**Care following your treatment**

- There is no need to cover the treated areas if the blisters remain intact
- If the blister should burst, a dry dressing may be applied. New skin quickly forms and any scab or blister will soon disappear. The cosmetic result is usually good
- Following treatment it is advisable to keep the area dry for 24 hours. Hands may be washed and a brief shower taken but you should not soak the area

- Liquid nitrogen often needs to be repeated every three weeks or until the original problem has gone

**When you are having viral wart treatment**

Warts on the hands and feet require additional treatment at home between appointments. You will be advised what treatment to use by your nurse. This involves:

- Soaking the affected area in warm water or (bath) for 10 minutes
- Rub down hard skin on the surface of the wart with an emery board then discard the used board
- Apply petroleum jelly to good skin surrounding wart
- Apply wart paint, which can be purchased from pharmacies, to the wart and allow to dry
- Repeat above steps each evening on each wart

These measures will increase the success rate of the treatment.