

Dimitri Dermatology

Care for Spots That Have Been Frozen

- Clean with tap water and a Q-tip twice a day.
- After cleaning apply white petrolatum (Vaseline) or bacitracin (Polysporin) to keep the area moist. Do not let the area dry out and form a scab.
- Apply a band-aid if desired.
- Continue the above steps until healing is complete – usually one to four weeks.
- If a blister develops after a spot has been frozen, you may puncture it with a clean needle and drain the fluid. You may remove the top of the blister with a clean pair of iris scissors. Continue as above.