

Actinic Keratoses (AK) Cryosurgery Instructions

These scaly, rough patches are considered chronic sun-damaged pre-cancerous lesions. They can turn in to a **squamous cell carcinoma** if they are not treated. The most common treatment modality is cryosurgery with liquid nitrogen. After the lesions are frozen, the area will be red and eventually will develop a blister or a scab. The scabs take approximate 2 to 3 weeks to fall off and eventually the treated areas may possibly heal with a slightly lighter pigmentation.

There is no wound care necessary after cryosurgery, but we do encourage continuing the use of sunscreen. Make-up may be worn over the treated area, although it might be difficult to evenly apply the make-up over a scab. Allow the scabs to fall off on their own rather than picking them off.

If you have a history of actinic keratoses, you are potentially at higher risk for developing more pre-cancerous and skin cancer lesions in the future. We recommend you follow-up for routine visits with a Dermatologist to help prevent these pre-cancerous lesions from developing into a more serious skin cancer.

