

Family Dermatology
900 Route 168, Suite F-5
Turnersville, NJ 08012
856-232-7500

Seborrheic Keratosis “SKs” are benign (non-cancerous), non-contagious growths that usually run in families, and can occur at any age, but typically occur in adult life. There is no way to prevent their occurrence. They may become itchy on their own, and sometimes flake/fall off on their own.

Warts These are caused by a virus that usually gets into the skin via microscopic scrapes and cuts. They are benign, and can spread if left untreated. They often take numerous treatments to be eradicated, and usually recur if not treated to completion.

Actinic Keratosis “AKs” are pre-cancerous, rough, scaly, and sometimes tender spots that take years to develop, and are from chronic sun exposure. They should be destroyed via liquid nitrogen, topical chemotherapeutic creams, or other modalities.

Information on Liquid Nitrogen Treatment

Liquid nitrogen is a very cold, liquefied gas that is used to freeze and destroy skin lesions. The process causes mild to moderate stinging during the procedure and for a period of time thereafter. (If there are no contraindications, one can take over the counter analgesics like Tylenol or Advil to decrease any discomfort).

Blister formation is common after liquid nitrogen therapy. If a tense blister develops, the fluid may be carefully drained at home with a sterilized needle. Removal of the entire blister is not recommended. Swelling is especially common on the face and around the eyes. Cold compresses may be helpful to alleviate swelling.

Bandages are not usually necessary, and because so many people are allergic to antibiotic ointments (e.g. Neosporin), we recommend petroleum jelly is something is desired for placement on the wound.