

1. Select Appropriate Sized Applicator

- Soak in liquid nitrogen

2. Apply Liquid Nitrogen To Site

- Light pressure for flat warts, molluscum, skin tags
- Firm pressure for raised warts, seborrheic keratosis, actinic keratosis

3. Freeze Lesion

- Identify whiteness
- Freeze margins for warts and actinic keratosis

4. Spray Cryospray To Freeze Lesion

- Spray at appropriate distance
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1. Anesthetize The Skin

- Position needle perpendicular to skin
- Inject intradermally
- Raise wheal under lesion

2. Stabilize Skin

- Stretch skin with finger and thumb

3. Select Cutting Instrument

- Select razor or #15 scalpel

4. Make Incision

- Angle scalpel blade or curve razor between thumb and forefinger for proper depth.
- Use smooth, even cutting motion

1. Plan Excision

- ✓ Outline excision with surgical pen (elliptical, diamond, hexagon)
- ✓ Make elliptical excision with length 3x width

2. Make Initial Excision

- ✓ Begin with point of scalpel blade
- ✓ Use middle of scalpel blade for middle of incision
- ✓ End with point of scalpel blade at end of incision
- ✓ Angle blade edge slightly away from lesion

3. Excise Incision

- ✓ Lift corner of excision with tissue forceps
- ✓ Evenly undermine the skin with scalpel or scissors at level of subcutaneous fat

4. Close Wound

- ✓ Select suture placement sites by using "rule of halves"
- ✓ Grasp needle 1/3 distance from eye with needle holder
- ✓ Place needle point perpendicular to skin, 1–2 mm from wound edge
- ✓ Drive needle point down, then up into center of wound
- ✓ Pull needle through with holder
- ✓ Repeat process from center of wound to point 1–2 mm from opposite wound edge
- ✓ Approximate wound edges by tying two or more surgical knots

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- ✓ Stretch the skin with thumb and forefinger

3. Cut Core Biopsy

- ✓ Place punch perpendicular to skin surface
- ✓ Apply steady downward pressure
- ✓ Turn punch smoothly in clockwise direction
- ✓ Stop when punch reaches subcutaneous fat ("gives way")

4. Remove Biopsy Core

- ✓ Press fingers downward on adjacent skin to pop up core
- ✓ Lift core with needle or forceps
- ✓ Cut base of core with tissue scissors

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