



WARTS COMMON

Warts are caused by a virus (Human Papilloma Virus). They are easily spread to other areas; therefore treatment is usually recommended. Some warts may eventually resolve on their own. It may take several visits to eliminate warts. Not all warts respond to therapy

THE WART VIRUS IS NOT CURABLE. REGARDLESS OF THE TYPE OF THERAPY, YOU ARE LIKELY TO CONTINUE TO GET NEW WARTS AND RECURRENCES OF OLD WARTS.

Methods of treatment: Please be thinking about which method you prefer. The topical therapies are usually used in young children.

- The most frequently used treatment is freezing with liquid nitrogen. It is painful during the application and discomfort may persist for 5 – 30 minutes. Sometimes a blister may form. This blister may be popped; however, leave the skin on top of the blister in place to act as a band-aid. If an open sore develops, you may use polysporin and a band-aid to help it heal more quickly. If a small amount of wart remains after treatment, you may try any of the 17% salicylic acid wart preparations over the counter, or you may follow up in the office for further treatment. Treatment may leave a scar or discoloration. **YOU SHOULD NOT HAVE LIQUID NITROGEN TREATMENT IF YOU HAVE RAYNAUD'S DISEASE.**
- Salicylic acid: 17% - available over the counter (apply daily)
- Aldara: topical cream applied daily for months – may boost the immune system to help fight off the wart virus.
- Tagamet: taken by mouth for 3 months – may boost the immune system to help fight off the wart virus.
- Surgical removal: usually a last resort – is painful and is more prone to leave a scar.



WARTS PLANTAR

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Methods of treatment: Please be thinking about which method you would prefer. The topical therapies are usually used in young children.

- The most frequently used method of treatment is an acid plaster. We wrap the foot for a week and then have you return for re-evaluation. It may take multiple visits to treat a wart. Try to keep the foot dry for 2 or 3 days for the best response. Leave the bandage on until your return visit. Discontinue the treatment if excessive irritation develops. Loosen the tape if it is too tight. If the wrap comes off, please use Mediplast over the counter until your follow-up visit. Cut a piece of Mediplast the size of the wart, tape it in place each night. File the dead skin off after bathing each day. Mediplast may be purchased from behind the counter at many pharmacies.
- In certain areas such as the toes, liquid nitrogen is sometimes used. A blister or even a blood blister may form. Cleanse with soap and water daily and use polysporin to prevent infection. If a blister develops, you may pop it, but leave the blister top in place to act as a band-aid. After any open sore heals, use Mediplast as directed above if any wart remains.
- Salicylic acid liquid (17%) – purchased over the counter.
- Aldara cream: prescription - does not work well on the thick skin on the bottom of the foot.
- As a last resort, the warts are sometimes surgically removed; however, there is a risk of a permanent painful scar.

WITH ANY OF THESE TREATMENTS, THERE WILL BE SOME REDNESS AND TENDERNESS. PLEASE CALL US IF YOU THINK THE AREA MAY BE GETTING INFECTED. 919-781-1050



WARTS FLAT

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THE WART VIRUS IS NOT CURABLE. REGARDLESS OF THE TYPE OF THERAPY, YOU ARE LIKELY TO CONTINUE TO GET NEW WARTS AND RECURRENCES OF OLD WARTS.

Methods of treatment: Please be thinking about which method you would prefer. They are difficult to eradicate. The goal is to avoid any discoloration or scarring.

- Topical 17% salicylic acid (Occlusol, Duofilm, Compound W) – applied daily to irritate the warts.
- Retin A – applied daily to irritate the warts.
- Aldara cream: applied each night to irritate the warts – may use for up to 4 months.
- Tagamet (oral): take daily for 3 months to boost the immune system and help fight off the wart virus.
- Liquid nitrogen (freezing) - may discolor or scar.

Please avoid shaving over any warts – this will cause them to spread.