

The Clinic....

Should you need to make an appointment for the wart clinic then we shall treat the wart/verruca using CRYOTHERAPY. The wart/verruca is treated by spraying very cold liquid nitrogen to it. A blister may develop following treatment, followed by a scab, which falls off after a week to 10 days. You may need several treatments. This treatment may be very painful and we do not generally recommend it for children under 10 years old

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**THE PENTLANDS
MEDICAL CENTRE**

Wart Clinic Information



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How to Treat Your Wart At Home

Wart Clinic information

The wart clinic is nurse led. Unfortunately due to a huge demand for the wart clinic and a limited number of appointments there is currently a 10-12 week waiting time for this clinic.

Therefore we have put together some information to help you treat your wart/verruca at home.

Firstly, there is NO GAURANTEED treatment that will remove warts or verrucae. Most disappear by themselves within one to two years. Some warts/verrucae disappear in children within 6 months.

It may be necessary to try several different kinds of treatment before the warts disappear.

Duct Tape is a simple method of treating warts on hands:

- Cut a piece of tape the same size as the wart and stick on.
- Leave for 6 days and then remove at night. Gently rub with emery board and leave tape off overnight
- Apply another piece of tape next morning and leave for 6 days.
- If skin under tape becomes red and soggy stop using tape for a few days. Continue this routine for 2 months.

In a study 85% of warts disappear with this treatment and most did so within 4 weeks:

(Archives of Paediatric & Adolescent Medicine 2002, 156: 971-4)

There are a number of over the counter solutions available at your local pharmacy to treat warts/verrucae most of these contain Salicylic Acid and some also contain Lactic Acid. The acid does not attack the virus (which causes the wart) but simply removes some of the warty tissue so that the body 's natural recovery process has less to do. The result is unpredictable and treatment may take longer in some people. This treatment does need **daily** commitment and **a lot** of patience as it may take a while.

Overall, Salicylic Acid wart paints cures about 75% warts/verrucae.

(British Medical Journal 2002: 235; 451 –4)

When using these treatments remember the following points:

- Always rub the wart/verruca with a pumice stone or emery board gently before applying paint.
- Before applying paint soak wart/verruca in warm water for 2 minutes. This will encourage paint to penetrate wart.
- Always dry skin-using own towel- thoroughly before applying paint.
- Apply wart/verruca paint to area and take care to avoid getting paint onto surrounding skin.

These treatments should ideally be used for a period of 12 months before considering liquid nitrogen treatment