

### Treatment options

- Duofilm (16.5% salicylic acid, 16.5% lactic acid) applied daily
- Occlusal (26% salicylic acid) applied daily for 12 weeks
- Verrugon (50% salicylic acid) applied daily for 12 weeks.

These are available to buy or available on prescription.



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# Skin Warts Information Guide



## **Skin Warts – the basics**

Common warts are caused by many strains of the human papilloma virus (HPV) and most people will be affected at some stage in life. They are commonly found on the hands, knees and feet and occasionally on the face.

If you have this type of wart, then it may be good to know that in 65-80% of cases, your body's immune system will clear these within 2 years without any treatment at all. An even greater proportion of warts will self-resolve in children. There is no ideal treatment for warts but 80% will clear within 3 months if treated with wart paint and a pumice stone. If left untreated, 75% of warts will clear in 2 years.

If you have a medical condition which weakens your immune system or are being treated with chemotherapy or taking medications such as those used for transplant patients then warts may be more a persistent and aggressive problem. In such cases, your GP may recommend active treatment and you should discuss this with him/her.

### **How are warts best managed?**

There are different strategies but unfortunately no simple cure.

Based on our experience and evidence gathered from medical research, we can advise the following:

#### **1. Watchful Waiting**

Particularly in children – we know that the majority of warts will resolve over 2 years. Treatment is often not practical in children. Watchful waiting is very reasonable and we will no longer be treated children under 12 with liquid nitrogen.

#### **2. Self Treatment**

Salicylic Acid should be the FIRST line of treatment in most cases. This treatment has been shown to be equally effective to the use of liquid nitrogen for foot and warts with the advantage of being painless and done in your own home.

#### **SOAK -PARE -PAINT REGIME FOR WARTS INSTRUCTIONS**

- Soak the affected area in warm water for 10 minutes
- Rub down hard skin with a pumice stone or emery board
- Apply wart paint and allow to dry

Repeat steps each evening on wart.

Do not stop treatment until a week after you think the wart is gone. If the wart start to come back, begin treatment again.

#### **3. Alternative Treatments**

Duct tape applied to the wart surface and tea tree oil applied to wart regularly may help some individuals.

#### **4. Cryotherapy**

Is rarely indicated, please see our separate information leaflet.