

MORNINGSIDE MEDICAL PRACTICE

PATIENT ADVICE SHEET TREATMENT OF WARTS

What are warts?

- Warts are fleshy growths on the skin caused by infection with the human papilloma virus (HPV).
- When they occur on the feet they are often known as verrucas.
- They are common
- 1 in 10 people have warts at any one time
- most people will have a wart at some time in their life

Do I need treatment?

- 1 in 5 warts will disappear within 6 months without treatment
- 65% of warts will disappear in 2 years without treatment

When is treatment needed?

- If the wart is painful or itchy
- If on medication that affects your immune system (your doctor can advise you of this)

Wart Paint

- Occlusal (26% salicylic acid) can be bought from a pharmacy and is the most effective wart paint.
- It needs to be applied **daily** for at least **three** months.
- The treated wart needs to be filed down once a week with an emery board.
- **Must** be used daily for three months before referral to Wart clinic for Cryotherapy (Freezing)
- If used correctly at least 80% will disappear

Cryotherapy / Wart Clinic

- For stubborn Warts
- If 3 months treatment with Occlusal has not cleared the wart you can make an appointment with a GP or alternatively make an appointment at our wart clinic for the nurse **to assess if cryotherapy treatment is appropriate**. The wart will then be treated with a combination of freezing **and** with ongoing Occlusal. This will be for a period of 3 months **only**.

Summary Tips

- **Treat daily for three months and file once a week**
- **Be patient results are slow**
- **Attend wart clinic only if wart still there in three months**