

# WARTS (VERRUCAE VULGARIS)

## What are warts?

Warts are common viral infections caused by the human papilloma virus (HPV). There are many different strains of this virus causing different types of warts and specific tests are usually not necessary. Warts are more common in children and can go away by themselves once the immune system 'learns' how to fight them. About 60% of warts will go away after 2 years. Unfortunately, there is no single perfect treatment for warts. The best evidence for effectiveness is with over-the-counter wart treatments and with cryotherapy.

## How do you treat?

### Common in-office wart treatments

#### 1. Cryotherapy

*This is a cold spray (with liquid nitrogen) used to freeze the wart.*

#### 2. Paring

*Scraping off dead parts of the wart (most effective if used with home treatment).*

#### 3. Other less common options

*Contact immunotherapy (DPCP, squaric acid), Candida "yeast" antigen injections monthly, laser.*

### Common at-home wart treatments

#### 1. Over-the-counter wart treatment (salicylic acid)

*These come in liquids, pads or tape. Examples include Dr. Scholl's, Compound W, Duofilm, Mediplast, Soluver*

#### 2. Prescription treatment

*Retinoids, 5-fluorouracil or imiquimod directly to warts once a day for 2-4 months*

#### 3. Do nothing

*Because many warts can go away on their own, if they are getting smaller on their own, you can just wait.*

## How to do home treatment

### Regular warts

Step 1: Paint or stick on over-the-counter salicylic acid liquid or pads/tape

Step 2: Cover the area with non-breathable tape (duct tape, electrical tape, the tape part of bandaids)

Step 3: Repeat every day



### Resistant warts

Step 1: Put on prescription 5-fluorouracil

Step 2: Cover with over-the-counter salicylic acid pads

Step 3: Cover the area with non-breathable tape