

Wart treatment the “painless” way

Patient Treatment handout

1. If liquid nitrogen was used, wait approximately 1-2 weeks before beginning this treatment regimen
2. Soak the warts in warm water for 3-5 minutes nightly.
3. Following soaking, gently file the surface of very thick warts with a pumice stone or nail file reserved for this purpose.
4. Apply the anti-wart medicine directly to the warts at night, avoiding surrounding skin as much as possible (applying Vaseline to surrounding skin can be protective).
5. M W F: use the salicylic acid plaster
6. T TH Sa Su: use the imiquimod (aldara) cream (a small amount is all that is needed, you may save the remainder of medication for next application. Simply put the packet in a baggie in your medicine cabinet)
7. Wash hands after use
8. Occlude the wart medicine/plaster/tape with a layer of Duct Tape. This is important in order to increase penetration of the anti-wart medicine through the skin overlying the wart.
9. Leave the tape in place overnight at least, if possible leave in place 24 hours.
10. Repeat Steps 1-6 nightly for 2-3 months or until wart is gone.
11. Expect the skin of the wart to appear moist and whitish during treatment, this indicates that the treatments are working.