

## Treating Warts:

**Concept** - Warts are "hyperkeratotic". In other words, they are covered by a thick layer of dead skin which protects them. For any wart treatment to be effective, it is best to remove some of this dead skin by "paring down" the wart.

### Treating a stubborn wart:

A stubborn wart can sometimes require a few months of treatment.

**First visit** - We perform an in-office procedure (often freezing or shaving off the wart) AND prescribe a wart medicine to use at home (typically a compounded prescription like 75% salicylic acid paste or a combo of fluorouracil and salicylic acid ointment).

**Visit (and in-office procedure) are repeated monthly** for as long as the wart persists.

**In between visits** (and this is IMPORTANT for success) - you must treat the wart in the following manner:

- Begin 1 week after the office procedure.
- Treat every 3rd night (the prescription medicine is too irritating if used every night)
- First clean your foot to avoid infection (so best to do this after bathing).
- Pare the wart down BEFORE applying the medicine. (Removing as much dead skin as possible WITHOUT causing bleeding)
- Apply the prescribed 75% salicylic acid and cover with a bandaid and leave overnight.
- In the morning the wart will be "macerated" (white and slimy because the medicine worked all night dissolving it) - Use the scalpel to again pick off more of this dead white skin..

### How to pare a wart:

- Use the scalpel that our doctor gives you during your visit.
- The doctor or medical assistant will show you how to pare the wart during your visit (they will pare it in-office prior to whichever procedure they do.)

