

Wart Treatment Clinic Instructions

Curing warts is a war of wills, and warts can be very stubborn – it definitely helps to do your wart "homework" properly. So...

Rule 1: Ignore all other instructions except what follows - any doubts, call the office.

Rule 2: There is no Rule 2.

- **Soluver Plus:** My favorite topical treatment and available at our front desk for less money than the drug store. It is 27% Salicylic Acid as an acrylic liquid; brush it on and it sticks to the wart. Its purpose is to help peel away the wart and to provoke your immune system into killing the virus that's causing it. Apply daily when the wart is wet (shower, bath, swim, soak; **five minutes is fine**) and allow to dry using a hair-dryer as needed. Then cover with an "occlusive dressing" (see below) for 24 hours. Second-best is to apply it morning and night without a dressing. Wait 48 hours after and stop 48 hours before in-office treatments, unless told otherwise. It's okay to skip a day here and there if a wart gets sore.
- **Occlusive Dressing:** This means an air-tight covering that does not "breathe"; NOT anything with gauze. Good old duct tape is the cheapest, with "designer" versions available. If it won't stay put, try "Gorilla" tape; available at stores like Home Depot or Wal-Mart. The adhesive of the dressing needs to hold the medicine against the wart the entire time.
- **Scraping, Cutting, Digging, Picking, etc.:** A wart is the result of a virus infection in the skin; your chances of physically removing it are about as good as scraping a cold out of your nose. **Warts do not have roots;** you cannot pull them out like a carrot from the garden. However, over-doing it enough to cause bleeding or "rawness" *can* spread the virus to adjacent areas leading to new warts. It's okay to gently remove any loose, peeling, and dead skin every few days as necessary. If that hurts, stop.
- **Vyloma and Aldara:** Two forms of Imiquimod supplied in boxes of "Wet-knap"- sized packages. This medicine helps boost some virus-killing parts of your immune system. Open a small hole in the package and apply with your finger rather than a Q-tip (you'll waste less). Store opened packages in a zip-lock bag until they're empty. Vyloma is specifically for genital warts and applied nightly for eight weeks. Aldara is for other warts and is also usually applied each night. With it, you will sometimes also need an ointment to apply each morning; it keeps the wart thin enough for the cream to work. If areas become too red, sore or inflamed it is OK to decrease the frequency of applications. **Don't use any other on-the-skin treatments with Vyloma/Aldara,** even if the pharmacist says you can.
- **Fluorouracil:** A prescription cream that destroys virus DNA; available alone (**Efudex**), or in combination with Salicylic Acid (**Wart Peel**). The latter is currently being made by two local pharmacies: Script near Chinook (403-253-6773) and Cambrian in N.W. (403-289-9181).
- **Cimetidine (Tagamet):** Pills or liquid by mouth, it can work like a charm (especially in kids). It's an old anti-ulcer medicine that sometimes works by causing an immune system response to the wart virus. Side-effects are rare. It's taken three times a day for at least six weeks.
- **Anti-virals (Valtrex/Zovirax/Famvir):** Invented to treat Herpes (which is also a virus), these can kill the wart virus. They're pills taken every day; semi-expensive, but covered.
- **Condyline:** A prescription liquid for genital warts. You put in on at home in weekly cycles; twice a day for three days, then a four day rest.
- **EMLA:** A non-prescription cream that numbs the skin and makes Liquid Nitrogen treatments less painful. It goes on the wart like icing on a cake, 90 minutes before the appointment; cover with the included dressing or Saran Wrap until in the exam room. Or...
- **Betacaine:** Another numbing product, applied every 15 minutes, starting 45 minutes before your appointment. No need to cover and about the same price as the large tube of EMLA.