



## CENTER FOR ADVANCED AESTHETICS

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## WARTS

Warts or Verruca are benign viral infections that frequently affect the fingers, palms, soles and sometimes mucosa. Children often develop these lesions however, adults too may be inflicted. The virus is susceptible to macerated or wet skin, and therefore is found more frequently in swimmers. Warts are superficial infections, infecting only the top layers of the skin. Often black dots are visible in the wart which represent thrombosed or closed off blood vessels.

There are a number of treatment options to clear up warts. Each modality has its good and bad points. Together with Dr. Shah, you can decide which treatment is optimal for you or your child.

### **NO TREATMENT:**

Warts are benign infections that often can clear without any treatment at all. There is no risk of scarring, systemic infection, or malignancy.

### **SALICYLIC ACID – 40%:**

Over the counter warts medications are helpful to reduce warts. At times they work very well. It is important to use 40% Salicylic Acid to achieve best results. Each night, soak the affected area in hot water for 10 minutes. Then use an emory board/nail file to file down the wart as best as possible. This will remove any excess skin. You can then apply the wart medication each night. Some wart medications come as band aid/plasters, while others are liquids that can be covered with a band aid. Choose from the following wart medications:

- |                                                                          |                                                                      |
|--------------------------------------------------------------------------|----------------------------------------------------------------------|
| <input type="checkbox"/> Clear Away Liquid (40% Sal Acid)                | <input type="checkbox"/> Compound W One Step Wart Remover Pads (40%) |
| <input type="checkbox"/> Dr. Scholl's Clear Away Wart Remover Pads (40%) | <input type="checkbox"/> Duofilm Patch (40%)                         |
| <input type="checkbox"/> Mediplast Plaster                               | <input type="checkbox"/> Xalix (40% Biofilm)                         |

### **CANTHACUR PS:**

Canthacur PS is a liquid preparation that is placed on the wart by your dermatologist. You should wash off the medication with soap and water **FOUR hours** after it is placed. It is similar to the venom in a blister beetle, and its mechanism of action is to induce a blister to lift the wart off the skin. Its effectiveness is varied but is the preferred method of treatment in young children or adults who cannot tolerate more painful modalities. Multiple treatments spaced a month apart are usually necessary.

### **LIQUID NITROGEN:**

Liquid Nitrogen is a very cold substance that is either sprayed onto the wart or applied with a Q Tip. It too induces a blister in the skin like a mild burn, which enables the wart to come off. The treatment is slightly painful with a burn like feeling and throbbing. The uncomfortable feeling lasts at most an hour or two and can be treated with Tylenol if necessary. Multiple treatments are often needed. This is the preferred treatment for older children that can tolerate the pain, as well as for adults with warts on the palms and soles. Side effects can include hypopigmentation (white spots) in darker complexioned patients.

### **ELECTRODESSICATION:**

The most definitive treatment modality, electrodesiccation or burning is usually reserved for resistant cases. This involves injection of a numbing medicine (Lidocaine), after which the wart is burned off. This leaves significant scarring as it is important to burn the lesion deeply. The wart may return if any residual viral particles are left, and may need another treatment. This method is not appropriate for children under the age of 12. Warts that are above the skin are best suited for this treatment. Plantar warts usually do not respond well to this.

### **ALDARA:**

Aldara is a medication that stimulates your immune system to fight off the wart. Slightly irritating, the medication is applied three times a week (Monday/Wednesday/Friday). The cream is FDA approved for genital warts, but has been found to work on warts on all skin surfaces to some degree.

*There are a variety of medications and treatments used to treat warts.  
Together with Dr. Shah & her colleagues, you can develop a regimen that is right for you.*



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## WARTS

Your personalized Wart Treatment Regimen:

Name: \_\_\_\_\_ Date: \_\_\_\_\_

Many of the treatments used for warts induce a blister to form. It is important to keep the skin clean in order to prevent an infection.

☐ **If a Blister Forms:**

1. Wash your hands with soap and water.
2. Pat dry the area of the blister.
3. Apply antibiotic ointment.
4. Cover loosely with a band-aid.
5. Take Tylenol if you have any pain.
6. Call Dr. Shah if you have any questions or concerns.

☐ **SALICYLIC ACID:**

Salicylic Acid: Each Night starting \_\_\_\_\_.

1. Wash the affected with soap and water. Then soak the area in hot water for 10 minutes.
2. File down with a nail file (used only for your warts).
3. Apply the medication from the list below.

☐ Clear Away Liquid (40% Sal Acid)

☐ Dr. Scholl's Clear Away Wart Remover Pads (40%)

☐ Medioplast Plaster

☐ Compound W One Step Wart Remover Pads (40%)

☐ Duofilm Patch (40%)

☐ Xalix (40% Biofilm)

Repeat each night.

If there is a lot of redness, irritation, or pain, stop applying the medicine immediately and call Dr. Shah

☐ **ALDARA:**

Aldara: Monday/Wednesday/Friday Nights Starting \_\_\_\_\_:

1. Wash the affected with soap and water. Then soak the area in hot water for 10 minutes.
2. File down with a nail file (used only for your warts).
3. Apply Aldara and cover with a band aid.

Repeat every other night. If there is a lot of redness, irritation, or pain, stop applying the medicine immediately and call Dr. Shah.