

Warts

What are Warts? Warts are skin growths caused by viruses called Human Papilloma Viruses (HPV). They occur in 7 to 10 % of the population and usually appear first in childhood. They tend to occur on parts of the body that are used most and get injured the most, such as the hands, elbows, knees, and feet. They may also appear on the face.

Are warts contagious? Yes. They can be spread from one person to another. They can also be spread from one part of the body to another.

Should warts be treated? Warts will typically go away on their own, without any treatment — however, it often takes months to years for them to go away. Even with treatments, warts can be very stubborn. Often they require multiple treatments. Therefore, usually, the warts are best left untreated.

You should seek treatment if:

- The wart is painful, rapidly growing, or involves a nail.
- There are many warts.
- You are self-conscious about the warts.

How are warts treated?

Warts can be treated in a variety of ways. Almost all treatments work by causing irritation around the wart. Salicylic acid medicines (like Compound W or Duofilm) are available over the counter. Freezing treatments, laser treatments, and prescription creams may be used. Even duct tape can be helpful in treating warts.

What should I do to take care of the warts?

Any treatment that is used for warts may work better if the treatment can get through the layers of skin over the wart and get directly to the "core" of the wart.

Follow these steps at home every night before bedtime:

1. Soak the wart in warm water, for 15 to 20 minutes, to soften the skin.
2. On warts that are not on the face use an emery board or a pumice stone to gently scrape away the dead skin on top of the wart. You may see small dots of blood sometimes. As long as it does not hurt you can continue. If at any time it hurts, stop scraping.
3. Apply any cream or salicylic acid you are using and cover with plastic tape or duct tape. Keep the tape in place until you are ready to "soak and scrub" again the following night.

If your doctor has frozen the wart and a blister has formed do not use any medicine until the blister heals.

Use the medicine prescribed below as directed:

As always, please contact me if you have any questions or concerns.

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