

## **Wart Treatment – the “painless” way**

1. Purchase an over-the-counter wart plaster, tape or paint-on liquid’

Examples: Occlusol HP, Compound W, Mediplast, Dr. Scholl’s

2. Soak the warts in warm water for 3-5 minutes nightly.
3. Following soaking, gently file the surface of the very thick warts with a pumice stone or nail file reserved for this purpose.
4. Apply the anti-wart medicine directly to the warts, avoiding surrounding skin as much as possible (applying Vaseline to surrounding skin can be protective).
5. 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 thick skin overlying the wart.
6. Leave the tape in place overnight at least, if possible leave in place 24 hours.
7. Repeat Steps 1-6 nightly for 2-3 months or until wart is gone.
8. Expect the skin of the wart to appear moist and whitish during treatment, this indicates that the treatments are working.