

WARTS OVERVIEW & AFTERCARE INSTRUCTIONS

Overview

A wart is a benign (non-cancerous) growth caused by a virus. Warts can occur on any part of the skin but most often appear on the hands, fingers, and soles of the feet. The virus responsible for warts is spread by direct contact (i.e. walking barefoot in showers). It is important to treat warts since they can spread to other parts of your body and because they are contagious. Furthermore, as warts persist, the outermost layer of skin surrounding warts thickens, making treatment more difficult as time goes by.

Warts can be treated with a combination of cryosurgery (freezing) and topical therapies. Most warts require several rounds of cryosurgery spaced one month apart, in addition to regular application of topical medicines in between cryosurgery treatments.

Aftercare Instructions Following Cryosurgery

1. Keep the treated area clean. The area may be washed gently with soap and water.
2. The treated area may sting and burn for a short time after treatment. It may be red in color. The upper layers of the treated skin might slough away. Allow this inflammation to subside over 3-7 days before proceeding with topical therapy.
3. Following deeper or longer treatment with cryosurgery, throbbing and pain at the treatment site may be more severe. A blister may form in the area of freezing and possibly fill with bloody fluid.
This is not unusual.
4. If you develop a blister at the treatment site, do not break the blister unless it becomes too uncomfortable. You may prick the blister with a clean needle or pin but leave the skin intact.
5. Once the majority of the inflammation and pain subsides from cryosurgery (typically takes 3-7 days after the procedure), proceed with any topical treatment Dr. Lee prescribed.
6. If you were prescribed topical imiquimod (also known as Aldara or Zyclara), take a clean pin and create a small hole in one of the packets. Place a small amount of the medicine on a cotton tip applicator and apply it to your wart. It is best to apply this medicine after a shower or bath since the moisture in your skin will allow the medication to penetrate deeper.
7. Cover the area with a 40% salicylic acid bandage (i.e. Compound W Wart Remover Maximum Strength One Step Pads). You can refer to our website's "Resource" bar under "Miscellaneous" to view a picture of a 40% salicylic acid bandage.
8. Repeat steps 6 and 7 daily until your follow-up appointment. You may notice that the treat area turns white. This is normal and reflects the salicylic acid being absorbed into the wart and surrounding skin. If you experience too much irritation from your topical treatments, consider decreasing the frequency of treatment to every-other-day. If you think your wart has disappeared, stop your topical treatment and monitor the area for any recurrence of the wart.

For true emergencies, please call our office immediately to speak with a physician.