



Caring for the  
Next Generation

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## Warts

There are many types of warts. All warts are caused by viruses that are slow growing and disrupt the normal growth of skin. They are weakly contagious. They are not usually serious. Most will go away over 6 months to 2 years without doing anything. However, you may choose to try to treat some warts on your own or with the assistance of a physician.

I recommend the following over the counter approach to warts. It is important to understand that the active wart virus is in the base of the wart, so you much keep going until you get the “root” out.

### Wart Stick plus Nail File Treatment:

Purchase wart stick online or have your pharmacy special order it. It is 40% Salicylic acid. You may alternatively use other over the counter products, but get as high % salicylic acid as possible.

1. *After daily bath/shower, use a new disposable nail file and file the top of the wart down to the live (painful) part of the skin.*
2. *Apply Wart Stick or other agent.*
3. *Repeat steps daily until base of wart has been filed off and wart is removed.*

Optional treatment: There is good evidence that placing standard duct tape on the wart will help it resolve. The adhesive activates the immune system. You can do this daily in conjunction with the Wart Stick and file method.

### Other alternatives:

In our office, I can apply cantharidin (“beetle juice”). It causes a painless blistering reaction with will peel off the top layer of the wart. It may not always kill the entire wart but can help start the process.

Contact a dermatologist for liquid nitrogen, or “freeze off” treatment. This is often scary to younger children and can be more painful. But the results are generally good if you are in a hurry to treat.