

## **GOLDMAN DERMATOLOGY, PLLC**

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### **TREATMENT OF WARTS**

Warts are caused by a virus called human papilloma virus (HPV). The infection is transmitted from person to person via direct and indirect contact. Generally, the risk of catching the kind of warts found on hands, feet and face is low. Breaks in the skin, frequent exposure to the virus, and weakened immune system are all important factors which increase one's likelihood of developing warts.

HPV is a very resilient virus and multiple treatment sessions are usually required. Dermatologists often combine different treatment modalities to optimize the outcome. I like to supplement my in-office treatment with at-home use of Mediplast® to hasten the resolution of the infection.

Mediplast® is a plaster that is saturated with 40% salicylic acid. It is available without prescription in any drugstore, but you may need to ask the pharmacist for it as it may be kept behind the counter.

You will need the following supplies: Mediplast®, a pack of cheap disposable emery boards (nail files), water-resistant tape (e.g., duct tape, black electrician's tape, etc).

Follow these simple steps:

- 1) Soak the affected area in warm water for 10 min to soften the skin (or just do this procedure after the shower).
- 2) File the area with an emery board and discard it. New emery board should be used each time in order to avoid reintroducing and spreading the virus.
- 3) Cut a round piece of Mediplast® slightly bigger than your wart and place the sticky side down on the skin. If you have a group of warts, use a larger piece of Mediplast® to cover the entire area. Secure Mediplast® in place with tape and wrap around the toe, finger, hand, etc.
- 4) Repeat steps 1-3 every 5 days.