

## **Burnfield Medical Practice**

### **Self treatment guide**

#### **Soak-Pare-Paint Regime for Warts and Verruca's**

Warts are caused by an infection with the innocent human wart virus. There is no ideal treatment for warts but 80% will clear within three months if treated correctly with wart paint.

If left untreated, 75% of warts will clear in two years.

### **INSTRUCTIONS**

1. Soak the affected area in warm water (or bathe) for 10 minutes, every day/evening.
2. Rub down hard skin with a disposable emery board pumice stone or nail file – it is important to do this otherwise the treatment will not be affective
3. Apply wart paint and allow to dry.
4. Apply duct tape\* and leave on until next treatment.
5. Repeat steps 1 – 4 each evening on each wart.

### **PERSEVERE**

Do not stop treatment until a week after you think the wart is gone. If the wart starts to come back, start treatment again.

It may take several months –  
Persevere!!!

Wart paint can be purchased in most pharmacies.

\*Fun designs for young ones are available in local craft shops.

