

# Warts - Conservative Treatments

## Percentages Cleared by Time Alone -BMJ Best Practice

2 months	23%
3 months	30%
2 years	65%-78%
5 years	90%

## Time

You can choose to leave them alone. Most warts will heal by themselves with time.

## Silver Duct Tape Method

- Keep wart covered for 6 days
- Remove the tape and soak the wart in warm water for at least 5 minutes.
- Scrub the wart with an emery board or pumice stone to remove dead skin.
- Leave the wart uncovered overnight
- Reapply duct tape the next morning
- Continue for maximum 2 months

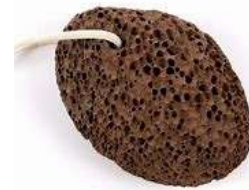


- Low risk
- Doesn't work for everyone
- May work better than cryotherapy for some people.
- If it is going to work – usually see some response by 14 days.

-UptoDate

## Salicylic Acid (over the counter)

- Available in various forms (liquid, gel, pad, patch)
- Ask your pharmacist for a wart treatment containing “salicylic acid” (17-50%)
- High strengths (40-50%) usually used for very thick skin like palms or soles.
- Apply the medication directly to the wart every day.
- Soaking of the wart beforehand and filing it once or twice a week may help the product work better.
- If the skin becomes tender – stop using the medication for 2-3 days.



- Low risk (mainly skin irritation)
- Painless
- Can self-administer
- Mixed results (Studies find anywhere from 0-80% resolution)

-UptoDate

