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GRANGE MEDICAL GROUP

WART CLINIC INFORMATION

There is a Wart Clinic once per month, when one of the GPs is available to “freeze” warts and verrucae (warts on the foot) with Liquid Nitrogen – this is called “Cryotherapy”.

We are no longer able to freeze skintags or benign skin lesions e.g. seborrhoeic keratoses, as these are considered to be harmless and purely cosmetic. The only exception is if the skintag or keratosis is being traumatised e.g. by bra strap or collar, and is bleeding or painful.

Warts and verrucae are harmless but may be unsightly and can be uncomfortable. Most will clear in time without any treatment, and there is no need to treat them if they are not causing any problems. 30% of warts will disappear within 3 months, and nearly all will disappear within 2 years.

We request that you only make an appointment at the Wart Clinic if your wart or verruca has been present for more than 3 months, and you have already unsuccessfully tried remedies from the Pharmacist, including salicylic acid (many different brands are available) and covering with strong adhesive tape – duct tape is perfect for this.

Duct Tape Regime

Cover the wart with duct tape for 6 days (replace only if it falls off). After 6 days, remove the tape and soak the wart in warm water for 5 minutes. After drying, gently rub it with an emery board or pumice stone, leave uncovered overnight, then repeat the process for up to 2 months.

Salicylic Acid Regime

This can be applied as a lotion, paint or special plaster. Please ask your Pharmacist for advice on appropriate brand. Most have to be used for 3 months.

Cryotherapy Regime

Freezing warts can be effective, but usually requires 4 – 6 applications of liquid nitrogen, at monthly intervals. It can be painful and is not suitable for small children, or for patients with diabetes or poor peripheral circulation.

If you have unsuccessfully tried treatment with salicylic acid or duct tape for 3 months, and your wart / verruca is persisting and causing symptoms, then please ask at Reception for a Wart Clinic appointment.

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