

**Merrimack Valley Pediatrics**  
**Drs. FitzGerald, Learner, Robey & Jennifer Lavalley, ARNP**

**Warts:**

Common Warts (Verruca Vulgaris) are viruses that infect the skin.

Warts usually occur on the hands and feet

They are mildly contagious through direct contact but do not cause serious disease.

Warts are unattractive and can multiply before the immune system eliminates them.

They may be intermittently painful, especially when located on the weight-bearing portions of the foot after periods of standing.

**With no treatment, warts will go away** in two to three years.

The body's immune system eventually finds the wart (which hides from it in the outer layers of the skin) and destroys it, leaving no scar.

**Home Treatment:**

Studies show that duct tape is effective and painless in causing warts to go away.

1. Apply the duct tape to clean, dry skin just enough to cover the wart.
2. Leave on continuously for one week and reapply if it falls off.
3. Once a week, remove tape, soak area for 20 minutes or until skin is very soft.
4. Scrub off all callus (dead skin) with an emery board or pumice stone.
5. Reapply duct tape and repeat as above.

Treatment usually results in the disappearance of wart in 2 – 4 months – painlessly!

Children can take care of the procedure all by themselves.

Salicylic acid (product in over the counter wart treatments) can hasten elimination when applied to the wart before the duct tape application. An adult should apply this medication as it is a caustic substance and can burn uninfected tissue.

Duct tape can be covered u with a Band-Aid if appearance is annoying.

**Office Treatment:**

Our office can freeze warts and further hasten their elimination; this may take a few treatments.

Please schedule an appointment with us for warts resistant to home treatment.