

Wart Treatment



Common warts are benign growths which are caused by a virus. As the name suggests, they are exceedingly common and are harmless. Patients often want to have their warts treated because the warts are spreading, unsightly, painful or otherwise bothersome. Any one of a number of treatments can be undertaken, but there are a few things you should know before deciding to do so.

One of the primary treatments of warts is with cryotherapy, which uses a very cold spray called liquid nitrogen to destroy the warts. While effective, this treatment is painful and often has to be repeated every 2-4 weeks for several weeks in order to destroy the warts. This is typically considered a surgical procedure by insurance companies and can be expensive. Please be sure to check your insurance benefits prior to your visit with your physician. Your physician may recommend a procedure, treatment or surgery that may be considered as a separate charge to your office visit today. This charge may be applied to your deductible or co-pay per your insurance plan guidelines. You can locate the number to call for customer service on the back of most insurance cards.

Over-the-counter remedies containing salicylic acid can be an effective tool as well, either alone or in conjunction with office-based treatment. To be most effective, we recommend soaking the wart for 5 minutes in water, then applying the salicylic acid liquid (Duofilm and Compound W are some brand names) and covering with a dressing, such as duct tape or a waterproof bandage, that completely seals the area. After 8-12 hours the tape may be removed and the softened wart can be pared down with a pumice stone or nail clippers reserved for this use only. Again, warts can be very stubborn and often this treatment has to be repeated nightly for many weeks or months to be effective.

There are a number of other remedies that your doctor may decide to use. The attached brochure outlines a few of them and provides more information about warts. Please feel free to discuss options with your physician and to discuss your medical and surgical benefits with your insurance company.

Please call our office at **503-223-3104** if you have any questions.