

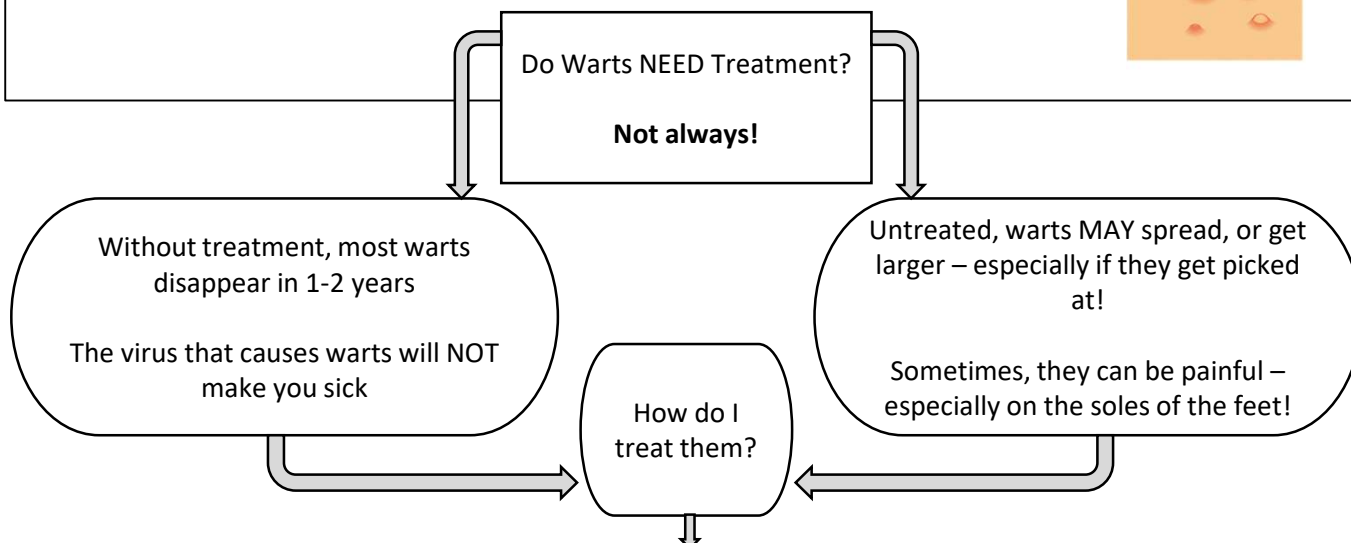
# WARTS

## What are Warts?

Warts are skin lesions caused by a virus - not by toads! They are not harmful, but can be bothersome. Warts can happen to anyone, but are VERY common in children. They can look like flesh bumps, with a flat, rough surface. Black spots can appear in the center – these are tiny clotted blood vessels



They can appear on different parts of the body (most commonly hands, knees, and feet). Warts are transmitted by touching another wart, or through moist surfaces like pool decks, showers, bathroom floors, and locker rooms. To prevent them, keep hands and feet clean. Wear sandals on pool decks and in showers.



Warts can be treated with at home remedies, **diligence is key!**  
Complete the following steps every 2-3 days for several weeks

1. Soak the wart in warm water for 15 minutes, or take a shower
2. Use a nail file, pumice, or fine sandpaper to scrape away the dead skin over the wart  
Do **NOT** use this device (pumice etc) on anyone else or for any other purpose  
If you have **diabetes** or **impaired blood flow**, or take **blood thinners** – seek professional advice  
If there is pain, bleeding, or raw skin is exposed – STOP
3. Apply your at-home wart treatment and cover with a band aid

What about Duct tape?!  
Yes, it CAN help:  
Applying duct tape to the warts reduces air supply to the warts, causing the virus to die, and the wart to disappear!

**At-home wart treatments** can be purchased over-the-counter:

- CompoundW Freeze-Off
- CompoundW Wart Remover Liquid
- Wart Remover Pads
- Salicylic acid (at least 17%)
- Salicylic acid (40% by prescription)

**Call the clinic if:**

- You aren't sure if it's a wart
- Wart is very painful
- Warts are on your genitals
- Warts do not shrink after 6+ weeks of consistent treatment, or a change in colour or appearance
- You have diabetes, impaired blood flow, or are immune compromised