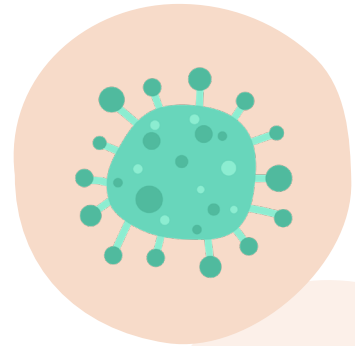


# Warts

## What are they?

Warts are a common skin infection caused by a virus. They can be anywhere on the body but are most common on the hands and feet. Warts are usually painless but can be uncomfortable when they are on the soles of the feet. Warts are contagious and can spread to other parts of the body by scratching, picking or biting at them. They can also spread to other people by skin-to-skin contact. Warts are not harmful and usually heal without scarring.



## How can we treat them?

Warts will eventually go away but there are some at-home treatments you can try to speed this up, including:

- ✓ Duofilm Solution® or Wart-Off Paint® (over-the-counter)
- ✓ Upton's paste (prescription needed)

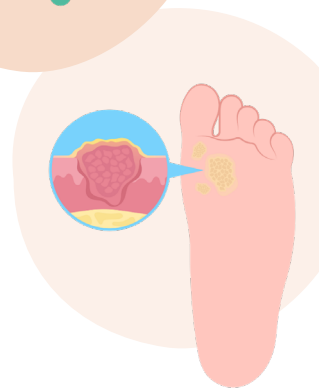
These treatments are best used with the "Soak, Scrape, Cream and Tape" technique:

1. **SOAK** the warts in warm water to make them softer.
2. **SCRAPE** or rub the warts with a nail file.
3. **CREAM** – apply the medicated treatment to the wart (protect the skin around it with petroleum jelly).
4. **TAPE** – put duct tape (or similar) on top of the wart.

Repeat these steps daily until the warts have gone away. If the Duofilm Solution® / Wart-Off Paint® doesn't work after 2-3 months, then try Upton's Paste.



**If these simple treatments do not work, the doctor can talk to you about other treatments, including liquid nitrogen.**



## How can we stop them from spreading?

- ✗ Don't scratch, pick or bite at warts – it may help to cover them with a bandaid.
- ✓ If you have cuts or grazes on your skin, keep them clean and covered.
- ✓ Wear thongs at public pools and gyms and when using public showers.
- ✗ Do not share towels or clothes.



## Your skin care plan:

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### Want more information?

[dermnetnz.org](http://dermnetnz.org)  
[dermcoll.edu.au/a-to-z-of-skin](http://dermcoll.edu.au/a-to-z-of-skin)

This factsheet was developed as part of the Koolungar Moorditj Healthy Skin Project.