

WART AT HOME TREATMENTS

PATIENT INFORMATION & INSTRUCTIONS

AT HOME WART TREATMENTS

Warts, those pesky bumps on your skin caused by the human papillomavirus (HPV), can be frustrating and stubborn. While there is currently no guaranteed cure for warts, various treatment options can help them disappear or significantly reduce their size and discomfort. Alongside professional care, exploring at-home therapies can be a valuable addition to your wart-fighting strategy. This approach can offer several benefits:

- **Supporting professional treatment:** At-home therapies can work alongside prescribed medications or procedures, potentially accelerating wart removal.
- **Convenience and flexibility:** At-home options often allow for treatment on your own time and at your own pace, fitting seamlessly into your daily routine.
- **Cost-effectiveness:** Many at-home therapies are readily available over-the-counter or utilize household items, potentially reducing overall treatment costs.

1) MEDIPLAST

Purchased from pharmacy. No prescription needed. 40% salicylic acid plaster Any brand, including the store brand will do. Just be certain that the salicylic acid strength is not less than 40%. Mediplast is a common brand of plaster and Wart stick is another common brand that is like a chap stick, this is applied to the wart and then covered with a bandage.

- Before going to bed, take a bath/shower or soak the area of skin having the wart in warm water for 10 minutes.
- Cut out a piece of 40% salicylic acid plaster just big enough to cover the wart and apply it to the wart.
- Cover the salicylic acid plaster attached to the wart with a piece of adhesive tape.
- Leave the tape in place while you are sleeping.
- Remove the tape and plaster the next morning.
- Repeat this procedure the next night using fresh pieces of 40% salicylic acid plaster and adhesive tape.
- This procedure should be repeated for a total of at least seven consecutive nights with the final treatment being the night before you return to the dermatologist.
- After 1-3 nightly treatments, the surface of the wart and surrounding skin should begin to turn white. This is a good thing – it means the treatment is starting to soften up the dead layer of skin over the wart.
- At this stage, If you want to, you can use a callus file or a pumice stone (both available at the pharmacy), to gently pare down the whitened wart. You should stop when you see tiny red points of bleeding appearing in wart.
- The above procedure will soften the thick armor-like layer of dead skin overlying the wart making it possible

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2) DUCT TAPE

Some warts will respond to being continuously covered by common types of Duct Tape that can be purchased almost anywhere. If you would like to try this, do the following:

- Cover the wart to be treated with a piece of gray Duct Tape.
- Leave the Duct Tape in place for 6 straight days. If the Duct Tape comes off before the end of the 6th day, immediately cover the wart with a new piece of Duct Tape.
- Take the Duct Tape off on the 7th day and leave the wart uncovered for 24 hours. It is normal for the skin around and overlying the wart that had been covered with Duct Tape to appear white and somewhat moist.
- Cover the wart with a new piece of Duct Tape on day 8 and leave it in place for 6 additional days.
- On day 14, remove the tape for 24 hours.
- You can continue this weekly treatment cycle until the wart is gone.
- Stop this treatment of the skin around the wart becomes uncomfortably itchy or painful.
- Some people think that colored Duct Tape works better for them than plain gray Duct Tape. Feel free to try this by experimenting with the different colors of Duct Tape (eg, red, green, yellow) that can be found at hardware and home supply stores.

3) L-METHIONINE

Description: L-Methionine is an essential amino acid use in protein building. It is taken as a supplement.

Precautions: Amino acids are all considered nontoxic. Poison Control has no listing of any dose being excessive. The pregnancy risk line has no concerns about using this treatment. There is no contraindication of using this drug in an immune-suppressed patient.

Contradictions: Do not use it in patients with liver disease. Weight gain may be slowed by giving L-Methionine to patients with low protein intake.

Drug Interactions: L-Methionine may decrease the effects of L-Dopa in treating Parkinsonism. The mechanism is not known.

L-METHIONINE WHERE/HOW TO BUY

- Pedameth Liquid
- Uracid
- Uranap 200mg, 300mg, 500 mg tablets
- Amino-Cerv (Miltex)
- Aminoplex capsules and power (Tyson)
- L Methionine 500mg # 100 tablets at Gibson's Pharmacy \$32.00 (Amazon \$8.00-\$11.00/100, health stores may also sell these.)
- •L Methionine 500mg/5cc #150mL cherry flavor at Gibson's pharmacy \$16.98

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L-METHIONINE DOSAGE FOR TREATING WARTS

Children (up to 75 pounds):

1 teaspoon of cherry flavored liquid 5 mg/cc, or 1, 500mg tablet daily.

Adults:

500mg twice daily.

Vitamin A is often given to enhance the effectiveness in wart resolution. It should not be taken if you are pregnant or breastfeeding. (We usually use 5,000 to 10,000 units once a day)

L-METHIONINE MORE INFO

- L Methionine has been used to treat warts for the past 20 years. The results have been impressive resolving all warts in 50-70% of patients. Many of these cases have involved large, extensive verrucae, resistant to other conventional therapies.
- Resolution of the warts takes from a matter of days to 12 weeks. Once the warts are gone, the medication can be discontinued. Should new warts appear at a later date, the medication will again resolve them.
- L Methionine as the advantage of being the most effective, painless therapy for the treatment of warts in children and adults. It is also the safest. It works when the more aggressive, destructive methods that may spread the warts fail. It takes little time to take a pill.
- The method allows children to like the doctor that is treating their warts. If given a choice, it is usually the children's first choice.
- The only complaint has been a funny smell or taste that some patients object to. Refrigeration helps increase the desirability of the medication.
- The mechanism of action in the treatment of warts is unknown, perhaps a slight pH effect.
- If L Methionine is slow, a combination of destructive methods can be added to resolve the wart. They include topical acids, Vitamin A, Liquid Nitrogen, Bleomycin, adhesive tape, etc

OTHER RESOURCES

We work hard to publish only best patient education and comprehensive resources. We want to be your trusted source of all skin information. You will find additional educational information by scanning the following QR codes.

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