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Further Resources

<http://www.mayoclinic.com/health/common-warts/DS00370>

<http://www.webmd.com/skin-problems-and-treatments/tc/warts-and-plantar-warts-topic-overview>



Preventing Warts!

Like other Viruses, warts spread from person to person. You can get the wart indirectly as well by touching an object used by someone with the virus. It can take a long time (as many as 6 months) for a wart to show up after exposure.

-Avoid touching warts (may want to cover wart)

-Wear shower shoes when using public showers, locker rooms, or pool areas. The virus may live on moist warm floors.

-Do not bite your nails, as this may spread warts (virus can go in any small open skin)

OT WARTS?



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A guide to
treatment options
for kids with warts

Get rid of those warts!

What do warts look like?



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Warts are flesh colored, white, pink, or tan colored bumps. They tend to be grainy and rough to the touch.

There are many options for treatment. Most pediatricians and family physicians will be happy to help find the best treatment options for your child.

Over the counter treatments can be confusing and may need to be applied several times a day.

Approximately 1 out of every 10 children has warts. A virus called human papillomavirus (HPV) causes the common wart. Warts are growths that are not worrisome and will not turn into cancer. In fact, most warts will disappear on their own in about 2 years time. However, many children and adults find their warts embarrassing or bothersome and therefore choose to treat them so they go away sooner. Usually these warts are found on hands or feet.

Freeze warts? Or use Duct Tape?



FREEZING WARTS?

Historically, it has been thought that freezing warts with liquid nitrogen is the best option for treating warts. This is still a reasonable option for many people with warts.

Facts:

- just a few clinic visits for treatment (2-3 weeks apart)
- Mildly painful, most tolerate well
- Quick treatment, just seconds on each wart
- may damage nail if wart near or under
- May blister or cause changes in pigment

DUCT TAPE THERAPY?

Proven to be equally as effective at treating warts. May be a better treatment option for kids! Patient applies duct tape for 6 days duration, off for 1 night, and then reapplies. Repeats until wart is resolved.

Facts:

- Painless treatment!
- Affordable
- fewer or no trips to the doctor
- may cause mild irritation to skin
- May be difficult to keep on sweaty surfaces (palms) and not practical on face for cosmetic reasons.