

Other ways your Doctor may treat your wart:

- Cryotherapy- “Freezing” your warts. May require multiple treatments.
- Your doctor may choose to remove the wart in the office by cutting it off.

Other ways to treat your warts at home:

Today there are many options sold at the drug store to treat warts. Often these methods require weeks of treatment. You can also find home “Freezing” methods. Again this method may take multiple treatments, over several months.

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DUCT TAPE



& YOUR WART

A Safe and Effective way
to Treat the Common Wart

The Common Wart:

Warts are caused by a virus called human papilloma virus (HPV). Warts are an extremely common problem with most people experiencing them at some point in their lives. Warts are often found on the hands and feet. The warts found on your hands and feet are different than genital warts. These hand and foot warts are harmless and usually disappear on their own within months or years.

Why You Should Treat Warts?

Sometimes people find warts unsightly or painful. Warts on the bottom of the foot can hurt when one walks. There are many ways to remove warts but they all take time.

Using duct tape is a safe and effective way to treat warts. Duct tape is fairly inexpensive and you may even have a roll already in your home. Because using duct tape is easy, safe, and not painful, it is a good way to treat children with warts.

Steps to treat your wart:

1. Purchase standard household duct tape.
2. Cut a piece of duct tape a bit larger than the wart you are treating.
3. Leave the duct tape in place for 6 days.*
4. On Day 7:
 - a. Remove tape.
 - b. Soak area in warm water for a few minutes.
 - c. Use an emery board or pumice stone to gently remove a layer of skin directly over the wart.
 - d. Leave the wart uncovered overnight.
5. Re-apply a new piece of Duct Tape.
6. Continue to repeat steps 3-5 for up to two months or until wart is gone.

Most warts will be healed in 1 month.

*If the duct tape falls off, replace it with a new piece of tape and continue following the above steps.