

Warts are caused by a virus that often means recurrence can be possible and often multiple treatment sessions are needed.

### **Cryotherapy**

- Immediately after the treated area may swell and blister for a few days then go red for a few weeks which is normal.
- For warts on the fingers, hands and feet only between cryotherapy sessions once the wound has healed normally about a 5-7 days later it can help to start a daily regime of;
  - Paring wart down with emery board or nail file just up to the point before bleeding
  - Apply Verrugon gel (can buy from the chemist).
  - Cover the wart in duct tape (can put plaster over top to camouflage)
  - Continue the above daily if possible until the next cryotherapy session normally 3-4 weeks later to help reduce recurrence.

### **Laser / Surgery**

- The wound will take about 10-14 days to heal and will heal like a deep graze.
- Should the area at any time get more painful, swollen and red then call us in case there is an infection.
- If the doctor has directed once the wound has healed you can apply Verrugon as above to help prevent recurrence once the wound has healed.
- It will then be red for 2-3 months afterwards.
- Recurrence is still possible and if it looks like the wart is returning it is best to revisit the doctor for further treatment early to prevent it getting bigger.