



CRYOTHERAPY FOR WARTS

You have been diagnosed with one or more warts. Warts are a viral infection in the skin. They are not dangerous but often require treatment due to irritation or pain. Warts may be contagious, so try to avoid picking them. Your provider has opted to treat your warts with cryotherapy (also called liquid nitrogen or freezing).

WHAT CAN I EXPECT AFTER THIS TREATMENT?

- The discomfort you are experiencing will most likely subside in 10-15 minutes.
- Areas treated will probably blister. If the blisters are uncomfortable you may pop the blister, but do not pull off the skin. Blisters may be purple or black, this is normal.
- One to two times a day, gently clean areas with mild soap and water, pat dry, and apply small amount of antibiotic ointment or Vaseline to each spot treated. Do this until the treated sites are completely healed.
- For any discomfort, you may take Tylenol or Ibuprofen.
- Watch for any signs of infection such as unusual redness, swelling, pain, tenderness or yellow drainage. If any of these should occur, please message us through Klara or call the office at 205.877.9773.

WHAT OTHER TREATMENTS ARE AVAILABLE?

There are various ways to treat warts. However, warts are sometimes difficult to eradicate even with repeated treatments. Possible treatments include:

- Placing medicine on top of the wart to help kill the wart virus and remove wart tissue
- Freezing the wart
- Injecting medicine into the wart
- Wart stick
- Laser treatment
- Another treatment uses duct tape: Cover the wart with duct tape. Once a week, remove the tape and soak the wart in water. Gently rub the wart with an emery board, sandpaper, or pumice stone. Put duct tape back on the wart in 12 hours. Repeat this process until the wart is gone. It may take up to two months. If the wart is on a pressure-sensitive area, you may get relief from the pain of the wart by wearing a doughnut bandage. This type of bandage surrounds the wart, leaving a hole directly over the wart.

HOW LONG WILL THE EFFECTS LAST?

Most warts go away without treatment in six months to two years, but some do not go away without treatment. It may take months of treatment to cure a wart.



ARE WARTS CONTAGIOUS?

Yes. Warts can be spread by skin to skin contact or by sharing towels or bathmats. Warts can spread on an individual or to another individual.

WHAT CAN I DO TO PREVENT WARTS?

Because intact skin is typically a barrier to warts, areas of broken, nicked or recently shaved skin are more susceptible to warts due to the ability of the virus to enter the compromised skin. If you pick or touch your wart, it is important to wash your hands thoroughly. Also, shaving over warts causes them to spread. In public places, such as gyms or locker rooms, wear shoes or flip-flops and use clean towels.

**THANK YOU FOR TRUSTING US WITH YOUR
SKIN HEALTH. WE CONSIDER IT AN HONOR
AND A PRIVILEGE TO TREAT YOU.**