

Warts

Warts are caused by a virus called Human Papilloma Virus (HPV), which only infects humans. It can take months from infection until the wart will show on the skin.

Most often warts will appear on hands or feet, but they can occur all over the body.

Warts can be passed on to others by contact with the wart or the rejected dead skin cells from the wart area.

Increased risk of infection if:

- You have scratches on the skin
- The skin is soaked by water or sweat
- Your immune system is already challenged by a virus, fx a flu
- You scratch or bite the wart - it can transmit the infection to other places of your body.

Decrease risk of infection by:

- Keeping the wart covered by a specialised lotion from the drug store
- Use bath shoes
- Having a good hygiene in general

Treatment

The warts can be completely removed by different treatments:

1. The wart is pared down without anaesthesia and then frozen. Lastly it is painted with Trichloroacetic Acid (TCA).
2. Home treatment: Foot bath for 10 min., paring of the wart and treatment with Vortex-lotion every other day. If the skin gets very irritated, pause the treatment.

Be aware!

- If you are pregnant or has diabetes Vortex-lotion can not be used, Verucid-lotion shall be used in stead.
- Pain and potential blister formation can occur after treatment, this is completely normal. The solution is a strong local irritant.

Link

- <http://patient.info/health/warts-and-verruucas-leaflet>