**The most important issues about warts:**

1. Warts are caused by a virusinfection, which can only infect humans. The infection increases very slowly. Several months can pass from the time of infection, to the time when the wart is visible on the skin.

2. The wart spreads by touch or by the infected rejected dead skin cells. The wart does not spread by blood. If the skin is not intact, or if the skin is moist, you are more likely to be infected.

3. If you do not treat the wart, they will go away once the body has evolved immunity towards them. Most children with warts, will be rid of the warts within 1-2 years. The infection lasts longer in adults, often many years.

4. You can decrease the risk of infecting yourself and others, by keeping the wart covered with wartmedication. Wartmedication can be bought at the pharmacy. The wartmedication will harden after the application and will reduce the increase of the wart.

5. People with warts, who pick or bite their nails or the skin around the nails, and thereby damage the skin, often get warts around the nails. If you bite the warts you can get warts on and around the lips.

6. Using bathing shoes while bathing and in bathing areas when you have warts on your feet, decreases the risk of being infected, and decreases the chance of infecting others.

**Treatment of warts**

The treatment of warts may often be required for a long period of time, it takes time and is sometimes painful. There is no treatment, which suits everyone. The best treatment depends on the persons age, the amount of warts, where the warts are located and of their nuisance.

**Home treatment**

* Home treatment is crucial!
* The tough skin on the wart must be debrided with a scalpel, if possible.
* If the skin is moist after a bath, it may facilitate the removal of the tough skin.
* The wart must be covered by the medication, which will harden into a cover. It is important not to treat the surrounding skin.
* Wart treatment can also be freezing the wart with an OTC product.
* Warts on the feet can after treatment be covered up by a bandaid to increase the moisturisation of the wart.
* Warts on the fingers/hands do not need bandaids.
* If possible, repeat the treatment daily.
* Debridement is recommended 1-2 times weekly.

**Supplemental treatment**

At the dermatologist the warts are supplementary treated with freezing and with a creme to moisturise the skin and the warts.

***It is important that the warts are debrided at home before the consultation***.

**At the dermatologist you are instructed in home treatment, and most patients who are referred with normal warts are treated a couple of times and are then referred to continuing the treatment at home.**

**Patients, with many resistant warts, or who have physical difficulties regarding home treatment, can, if the doctor finds it necessary, receive more treatment in the clinic.**

**One referral allows maximum 8. treatments.**

Hudklinikken Trianglen, August 2019

**Warts**