

### **Verruca Vulgaris (Warts)**

Verruca Vulgaris, also known as warts, are benign skin growths caused by the human papillomavirus (HPV). They can appear anywhere on the body but are most common on the hands and feet. Warts often feel rough and may have tiny black dots (clotted blood vessels) inside them.

Warts are contagious and spread by direct skin contact (touching a wart) or by touching something that touched a wart (like towels, toys, or razors). Warts can also spread to other parts of your body if you pick at or scratch them. It is important to not scratch, bite, or pick these lesions to prevent spreading.

While these lesions can sometimes go away on their own, they often worsen and spread. Typically, treatment of warts begins with over-the-counter (OTC) salicylic acid containing medications (Compound W® Maximum Strength Fast Acting Wart Removal Liquid). Patients should apply two layers of this medication to warts nightly, allow them to dry, and cover them with duct tape. Duct tape helps to drive this medication deeper into the skin, while not absorbing it. Treatment with these medications often takes many weeks to months.

If OTC medications do not resolve a patient's wart, a dermatologist may recommend freezing the wart in office (cryotherapy). It may take several rounds of cryotherapy, while continuing OTC medications, for warts to resolve.

Additionally, there are many other topical therapies that are safe and effective for treatment of warts. They can also be removed surgically if needed.

Speak to your dermatologist to learn more about treatment options.