

## 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 (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 cause discomfort you may pop the blister, but do not pull off the skin.
- Once daily, gently clean areas with mild soap and water, pat dry, and apply a small amount of antibiotic ointment or Vaseline to each spot treated. continue to do this until treated sites are completely healed.
- For any discomfort, you may take Tylenol or Ibuprofen.
- Watch for any signs of infection such as redness, swelling, pain, tenderness, or yellow drainage. If any of these should occur, please call our nurse line at 912.354.1018.
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### OTHER TREATMENTS AVAILABLE

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

- Placing medicine on top of the wart to help kill the wart virus and remove wart tissue
- Injecting medicine into the wart
- Surgically removing 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 kill a wart.

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### WHAT CAN I DO TO PREVENT WARTS?

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.

### KITCHEN SINK COMPOUND DIRECTIONS

You were treated for warts today and given a prescription for the "kitchen sink" compound. The compound was sent to Coastal Compounding. Their number is 912.354-5188.

\*Wait two weeks before starting to use the compound\*

- soak warts in warm water
- pare warts down w/ a blade
- carefully apply cream ONLY to wart (be careful not to get it on healthy skin)
- allow medicine to dry, then cover with a bandage.

Repeat this process every 3 days for two weeks. Discontinue for two, repeat process again.