**Treatment of Verrucas and warts**

Viral warts (also known as verruca when they are on the bottom of the feet) are caused by the human papilloma viruses.

Most warts will disappear on their own without leaving a scar within 2 years.

Your own body immunity will recognise the virus once adequately exposed to it and get rid of it. When there is a lot of hard skin it can ‘hide away’.

However, if you want to try and get rid of the wart sooner there are several options which can be tried.

**What is Duct Tape?**

Duct Tape is a strong waterproof sticky tape that is non-medical. It can be bought easily from most DIY shops and supermarkets.

**It should be applied as follows:**

• Cut a piece of Duct Tape as close to the size of the wart as possible and place this over the wart. Leave in place for 6 days. If it falls off, replace it with a new piece as soon as possible.

• At the end of 6 days, remove the tape and soak the area in warm water and gently rub the wart with a pumice stone or emery board to remove any dead white skin.

• Leave overnight without any tape then start the 6 day regime with duct tape again the next day

• Repeat this 7 day cycle for 2 months or until the wart goes, whichever comes first

**Reference**

A study done in 2002 concluded that the occlusion of warts with duct tape was significantly more effective than treatment with cryotherapy (85% of those treated with duct tape cleared compared to 60% clearance with cryotherapy)

Focht DR, Spicer C, Farchok M P. The efficacy of duct tape versus cryotherapy in the treatment of verruca vulgaris (the common wart). Arch Pediatr Med 2002; Vol 156, Pg 971-974.