

## **STUBBORN WART TREATMENT**

### **Hot water soaking**

For certain stubborn warts on the hands and feet soaking in very hot water is an effective treatment. The water should be approximately 110°F. This is almost too hot to stand but it seems that the high temperature is able to destroy the wart virus. Normally the soaking is done for 10 to 15 minute periods, once per day. Most patients do it at night while they are reading or watching television. To do the treatment properly you may need some hotter water near by to add small amounts to keep the temperature at approximately 110°. After soaking the warts in this hot water, simply pat the area dry. If you are using one of the over the counter medications it can be applied at that point. This treatment is slow and may take many weeks to work but has been effective in many patients.

### **Duct tape occlusion**

Keeping a wart covered with a material such as duct tape often works very well especially if the warts are in an area which can be kept covered such as the tip of a finger. The best way to use this method is to cover the wart with the tape or other occlusive material. Leave the material on for as many days as possible up to 5 days. When the material is removed normally the wart usually appears mushy and white. At that time removal of the white material with a file or emery board is quite helpful. After giving the area a day rest, the material should be reapplied.

### **Oral medication for immune-stimulation**

There have been recent reports that stimulating the immune system can allow your own body to destroy stubborn warts. Unfortunately there is no magic bullet medicine which can accomplish this goal. One of the commonly prescribed medications for stomach problems is ranitidine. This medication may stimulate your immune system to destroy the warts. This medication is extremely safe and has been used in young children and older patients for decades. It is an oral medication normally taken twice per day. I will let you know which specific dose would be appropriate in your case. Normally this medication is taken for two months. If there has not been any response after that point, it will not likely work.