

Soak–Pare–Paint Regime for Warts

Warts are caused by an infection with the innocent human wart virus. There is no ideal treatment for warts but 80% will clear within three months if treated correctly with wart paint. If left untreated, 75% of warts will clear in two years.

INSTRUCTIONS

1. Soak the affected area in warm water (or bathe) for 10 minutes.
2. Rub down hard skin with a disposable emery board or nail file – it is important to do this otherwise the treatment will not be effective.
3. Apply wart paint and allow to dry.
4. Repeat steps 1-3 each evening on each wart.

Do not stop treatment until a week after you think the wart is gone. If the wart starts to come back, start treating it again.

Persevere!