

Rationale

- Warts and verrucae can be treated without the need for a GP consultation or prescription in the first instance. They can easily be treated with simple over the counter preparations that are readily available. Warts usually resolve spontaneously especially in children.

Recommendations for clinicians

- Provide the patient with a 'non-prescription' sheet or a patient information leaflet to promote education about self-limiting conditions suitable for self-care when appropriate. See: <https://www.nhs.uk/conditions/warts-and-verrucae/>
- Advise patients of safe and effective self-care measures:
 - Wash hands after touching the wart/verruca and avoid biting nails or sucking fingers with warts on them
 - Take care not to cut a wart when shaving and avoid scratching or picking a wart
- Advice to patients : Warts/verrucae:
 - do not usually cause harm
 - will resolve spontaneously, usually within months
 - treatments may be prolonged and may cause adverse effects e.g. local skin irritation. Apply petroleum jelly to surrounding skin to decrease irritation.
 - are contagious – use waterproof plasters/duct tape if swimming, wear flip-flops in communal wet areas and do not share footwear and towels
 - File the wart with a disposable emery board before applying treatments. Dispose of skin filings hygienically and do not use the emery board elsewhere to avoid spreading the warts. Apply treatment at night.
- Patients should seek medical attention if:
 - The wart/verrucae are on the face or genital area.
 - The wart/verrucae start to bleed , have changed in appearance recently or keeps coming back
 - The wart/verrucae are very large , are in a large cluster or are painful

Example of products available to buy over the counter*

Salicylic Acid

Bazuka/Salactol®/Occlusal® - **not to be used on facial/anogenital warts; not for use in diabetic patients or those with impaired circulation; Not licensed for children under 2 years** (£1.70-£9.00 per pack)
 Glutarol ®10% w/v cutaneous solution – Licensed for adults and children (~33.31 for 10ml)
 Verrugon® ointment for verrucas – **Not licensed for children under 7 years** (~£4.99-£6.49 for 6g)

For further information see Self-care forum <http://www.selfcareforum.org/>, NHS UK <https://www.nhs.uk/conditions/>, Patient UK <https://patient.info/>

*Prices correct at time of writing and are subject to change

