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WARTS and MOLLUSCUM CONTAGIOSUM

What are Warts and Molluscum?

Warts or Molluscum are skin growths caused by viruses. They can grow on any part of the body. Their appearance depends primarily on their location. These viruses can be passed to others by direct contact or indirectly in such places as locker rooms, public showers and pools. They can also spread by picking, scratching, sharing towels or by direct contact with the skin growth. Molluscum can also be highly contagious in water so avoid bathing individuals together or swimming. Warts and Molluscum are sometimes easy to live with, but they can be unsightly and become itchy, painful and infected. Warts may even bleed if injured.

How Canthrone and Liquid Nitrogen Work

The normal action of Canthrone is to form a blister underneath the wart or molluscum. This occurs within 24 hours of application. The blister formation kills the wart by cutting off its blood supply. Occasionally, there may be some blood in the blister fluid--do not be alarmed at this. The blister may be painful, be inflamed and itch.

What If a Blister Forms?

One can 'pop' the blister by taking a needle or pin and placing it in the flame of a match until the needle or pin is red (be careful not to burn your finger as the needle or pin can get very hot). Allow the needle or pin to cool. Then apply gentle pressure to the top of the blister. The overlying skin is dead so it is relatively painless except for the initial pressure placed on the blister until it pops. After it opens, gently apply pressure as tolerated to remove as much fluid as comfortably possible. Apply antibiotic ointment such as (Bacitracin or Mupirocin) on the site and cover with a band-aid. Bathe as usual re-applying antibiotic ointment and a dry band-aid until the patient returns to the office.

IF THE BLISTER WON'T OPEN, IS PAINFUL OR IF YOU ARE NOT COMFORTABLE OPENING THE BLISTER, PLEASE CALL THE OFFICE TO SCHEDULE AN APPOINTMENT.

What If There Is Pain, But No Apparent Blister?

Often there is a blister, but it is difficult to appreciate with the thickened overlying skin. You can try to 'pop' the blister as above. In addition, place some ice in a zip lock bag with some water and put in a pillowcase and apply it to the wart (if on the foot one can simply rest their foot gently on the zip lock bag in the pillowcase). If appropriate you may give Motrin, Advil or Tylenol for the pain. Furthermore, elevating the affected area helps especially if it is throbbing.

At Home Treatment of a Wart

If the treatment site of the wart is not uncomfortable one day after the office treatment you may start the at home treatment. You may gently rub the wart with a pumice stone after the shower and apply a 40 % salicylic acid plaster. Then cover with a band-aid if needed or surgical tape, to secure the plaster to the skin and prohibit it from falling off. The salicylic acid plaster should remain at the treatment site for approximately 24 hours before changing it. The following day you may remove the salicylic acid plaster prior to showering. After the shower you may again use the pumice stone to gently rub away the dead skin and then re-apply the 40 % salicylic acid plaster. It is normal for the wart site to look white and "mushy" Only use the pumice stone on the wart as using it on normal skin could lead to the spread of warts. Discard the pumice stone after the wart has resolved.

Please do not hesitate to visit our website @www.bruceroobinsonmd.com or call our office at 212-750-7121 if you have any further questions or concerns.