

Plantar warts

Using 60% salicylic acid 40% sorbelene (custom script)

**PROTECT HEALTHY SKIN FROM THIS QUADRUPLE
STRENGTH CREAM**

Rigid Strapping Tape (e.g. Elastoplast) with a hole about 1mm clear
of wart margins

OR

Clear nail polish around the wart

KILL THE WART

Paint over wart

Cover the wart a layer of tape to stop the cream rubbing off

Leave on for 24 hours - after shower remove tape and file back with
nail file / emery board

Repeat process every day – continue for a few days after wart falls off

If not obvious that wart is gone review at two weeks

If it appears a wart which had fallen off is growing back restart
treatment and book in for consideration of cryotherapy/other options
right away whilst wart is small