
WART TREATMENT

CARE FOLLOWING WART TREATMENT BY CRYOTHERAPY

MELBOURNE SEXUAL HEALTH CENTRE TREATMENT GUIDELINES

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WHAT IS CRYOTHERAPY?

Cryotherapy is a common treatment for warts. It involves applying a freezing agent such as Liquid Nitrogen for about 30 seconds. The treatment removes visible warts but the wart virus infection may persist in the skin for some months with no visible warts. Treatment may require a number of visits to the clinic to remove the visible warts.

WHAT HAPPENS AFTER TREATMENT AND WHAT CAN I DO?

Cryotherapy produces a small burn which may cause pain and swelling and a blister at the treatment site within the next 24-36 hours. The blister may then weep and crust over in the next few days. The area heals in a week or so and there may be temporary depigmentation (loss of skin colour).

If you are experiencing pain after the treatment, salt baths, ice packs and simple analgesics such as Panadol taken regularly are effective.

Keep the treatment area clean and dry and do not apply lotions, creams and bandaids.

If possible refrain from sexual intercourse until the area heals as this could increase the risk of exposure to bacterial and sexually transmissible infections.

FURTHER TREATMENT

You may need to come back for more treatments. Your clinician will advise you when to return but we usually would recommend waiting 2 weeks before having another cryotherapy treatment.

If the warts do not clear with cryotherapy you should discuss other treatment options with the clinician.

REMEMBER:

Many people get genital warts which are caused by a virus on your skin. You do not have to treat them, your immune system will usually clear the virus from your skin. All treatments produce some inflammation which can result in temporary loss of pigment in your skin.

*Salt water baths –one fistful of ordinary salt (not perfumed salt) in a bath or a teaspoon of salt to 600 mls of water. Soak the area for 10-15 mins 2-3 times a day and pat dry gently.

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