

ankle&foot

centers of georgia

Wart and Porokeratoma Treatment

You will need to purchase the following items:

1. Non-medicated Corn Pads (small ones)
2. Moleskin or similar Tape

You can find both of these items at just about any Dr. Scholl's Foot counter at your local grocery store, discount store or pharmacy.

We will make available to you Sal-Plant Gel. This is a salicylic acid preparation that will be used to treat your wart or porokeratoma.

Apply the non-medicated pad over the wart or porokeratoma so that the lesion is visible in the center of the pad.

Next, place one or two drops of medicine in the center of the pad on top of the wart or porokeratoma. The pad will keep this acid from getting on your good skin. **BE CAREFUL:** This is an acid and it can burn or severely irritate your softer skin.

Cover the pad and acid with a piece of moleskin or similar tape. This will serve to hold the pad and acid in place so they do not shift and get the acid on other areas.

Wear this pad, acid and tape until you get ready to bathe. Before bathing, carefully remove the tape and pad. This is a great tape and if not used carefully it can remove the skin when it is taken off.

After bathing, take your fingernail, an old toothbrush, or a nail file and carefully try to remove any skin that has thickened. Do not try to cut this extra skin with a knife or scissors. The extra will be removed on your follow-up visit in a couple of weeks.

Dry your foot really good and repeat the above steps to reapply a new pad, acid and tape.

Most people who have this problem also have a problem with excess perspiration. It is a good idea to also get an anti-perspirant, such as Arrid X-tra Dry XX in the yellow can that says "powder" on the label. Spray the bottom of your feet and in between your toes after applying the pad and tape. This will reduce the sweat and help in treating both warts and porokeratomas.

It will take some diligent work on your part to make the warts and porokeratomas go away. Warts typically take 6-8 weeks and porokeratomas 4-6 weeks. You have to apply the acid EVERY day or it will take longer.