

Using duct tape to treat warts

Duct tape is a type of adhesive tape that is strong and sticky. You can buy it at hardware shops.

Treating warts with duct tape can be as effective as freezing warts with liquid nitrogen.



Using duct tape on warts

You can use duct tape to treat warts as follows:

- 1) Cut a circular piece of tape that is as close as possible to the size of your wart.
- 2) Put the piece of tape on top of your wart and leave it in place for 6 days. If the tape falls off, put a new piece on.
- 3) After 6 days, take the tape off and soak the wart in warm water.
- 4) Gently scrape off any dead white skin with an emery board, nail file or pumice stone.
- 5) Leave the tape off overnight then put a new piece on the next morning.
- 6) Keep going in this way with tape on for 6 days and off overnight for 1 day. Keep scraping off the dead skin from the surface of the wart each time you take the tape off on day 6.
- 7) Continue this for 2 months or until the wart goes away, whichever comes first.

Possible side effects

Some people can get skin irritation from the adhesive in the tape. If this becomes a problem, tell your general practice team.

The wart can get sore after you scrape off the dead skin. This is not a problem. But if it gets very painful or bleeds, try to be gentler when scraping off the dead skin next time.

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