



# Mission Bay Doctors Ltd – Duct Tape Wart Advice Sheet

## WHAT IS DUCT TAPE THERAPY?

In order for duct tape to work in the treatment of warts, it must be used as directed. The duct tape should be cut approximately 0.5 cm size larger than the actual wart(s). If the duct tape covers too much normal, healthy skin tissues, skin irritation will develop. The duct tape should be left in place for cycles lasting six days. After six days, the duct tape should be removed, the wart soaked, then gently debrided with a thick emery board or pumice stone and left uncovered overnight. A new piece of duct tape should be reapplied the next morning.

Important information regarding duct tape

- The process outlined above should be continued until the wart resolves or for a maximum of two months.
- If the duct tape comes off before it is due to be removed, apply a new piece of duct tape.
- The emery board or pumice stone used for debriding the wart should be cleaned with a bleach type solution after each use.
- A one month follow-up appointment with a health care provider is recommended for patients using duct tape.

## WHY ?

In a study done in 2002, 51 patients 3 to 22 years of age with common warts were randomized to treatment with either cryotherapy or duct tape. Results showed that 85% of patients in the duct tape group had complete resolution of their warts compared to 60% in the cryotherapy group. In addition, minor complications were more common in the cryotherapy group. The researchers also noted that warts that ultimately responded to tape therapy showed at least partial resolution after two to three weeks of treatment. The researchers concluded that warts can be successfully treated at home with inexpensive duct tape.

Liquid nitrogen to treat verruca vulgaris (common wart), which occurs in 5% to 10% of all kids. The procedure, however, has many drawbacks including the fear and discomfort children experience; complications such as blisters, infections, and pigment change (dark or light) of the skin; and the need for frequent clinic visits for successful treatment.