

## Warts, Corns, Calluses

---

Depending on the medical condition you will be instructed to use Aldara alone, 40% Salicylic Acid Plaster alone, or Aldara and 40% Salicylic Acid together.

\_\_\_\_\_ **Aldara** is a prescription medicine that enhances your immune system to come kill warts. If you have an autoimmune disease (i.e. lupus, chron's disease etc.) this medication should not be used. **Do not throw away the packet after single use...keep using the medication until packet is done.**

\_\_\_\_\_ **40 % Salicylic Acid Plaster (Mediplast)** is an over the counter medication.

### **Aldara alone: Warts**

- Soak affected areas in warm water for 5-10 minutes
- Gently pare thick skin away with a Dr. Scholl's Corn Paring Knife...**be sure not to cut the skin and cause bleeding!!**
- Apply Aldara two times a day with airtight tape (water proof or duct tape).
- If the area becomes red or irritated hold off on using the Aldara for several days...if the warts are still present then restart the process until the warts resolve.

### **40% Salicylic Acid (Mediplast)alone: Warts, Corns, and Calluses**

- Cut a piece of plaster to fit over the areas being treated. Don't overlap onto normal skin – use just enough to cover the spot.
- Remove the mesh from the surface of the plaster.
- Apply paste side to the skin.
- Tape plaster in place for 1-2 days, and then remove.
- Soak affected areas 5-10 minutes in warm water.
- Gently pare thick skin away with a Dr. Scholl's Corn Paring knife...**be sure not to cut the skin and cause bleeding!!**
- If the area becomes red or irritated hold off on using the 40% Salicylic Acid for several days...if the warts, corns or calluses are still present then restart the process until the lesions resolve.

### **Aldara plus 40% Salicylic Acid (Mediplast): Warts**

- Apply Aldara to the warts
- Cut a piece of 40% Salicylic Acid Plaster to fit over the treated areas and apply the Aldara. Don't overlap onto normal skin - use just enough to cover the spot.
- Remove the mesh from the surface of the plaster.
- Apply paste side to the skin.
- Tape plaster in lace with airtight tape (water proof or duct tape).
- Tape in place for 1-2 days, and then remove.
- Soak affected area 5-10 minutes in warm water.
- Gently pare thick skin away with a Dr. Scholl's Corn Paring Knife...**be sure not to cut the skin and cause bleeding!!**
- If the area becomes red or irritated hold off on using Aldara and 40% Salicylic Acid several days...if the warts are still present then restart the process until the warts resolve.

**Keeping pressure off the area with Dr. Scholl's corn rings can be helpful.**