



Wart treatment with Formalin 10%

Your podiatrist has recommended treatment with Formalin 10%. Formalin contains formaldehyde diluted with water. Formaldehyde is a naturally produced substance in the body. When used in high concentrations, formaldehyde can be used to aid the destruction of wart tissue. Formaldehyde is virucidal which means it is capable of killing the wart virus.

Treatment regime

Apply formalin to the area **twice** daily aiming to saturate the area affected. Be specific with the application (avoiding as much contact with normal skin cells as possible)

The more contact you are able to make between the formalin and the wart tissue the more effective it will be. As the area becomes affected by the formalin it will begin to become dry. The more you are able to remove the dry skin from the area the more the formalin will penetrate and kill off the wart tissue. Removal of the dry skin can be achieved by using a file or fine-grade sandpaper.

This treatment should be continued daily until you are reviewed by your podiatrist.

If you notice cracking of the skin because of dryness, this is a good sign and means that the formalin is penetrating into the skin well. If this becomes uncomfortable, then stop treatment for a few days and then begin again.

If you have any concerns regarding your treatment please contact your podiatrist.

Additional treatment

A useful additional treatment for warts is the use of high doses of Vitamin A and Zinc.

Taking Vitamin A at doses of 20,000 i.u. per day increases skin cell turnover and helps to shed the wart virus. Vitamin A is normally purchased in 5,000 i.u. capsules, it is recommended that you take 2 in the morning and 2 in the evening with food.

Taking Zinc 15 mg per day is believed to boost immune system function in response to the wart virus.

Both of these treatments are freely available at pharmacies and health food stores.

If you are unsure about any of these treatments please talk to your podiatrist.