

DERMATOLOGY — & *Skin Health* —

Hot Soaks for Wart Treatment

Treating warts with hot soaks is effective about 70% of the time. However, it takes dedication: most people give up on the treatment before it has time to work.

It can be used in combination with other therapies, but there is no data on whether combination therapy has any different cure rate.

- Soak wart-affected extremities in hot water for 30 minutes three times a week. The water should be between 113 degrees and 120 degrees Fahrenheit.
- This takes 3 months; don't expect any change in the wart for at least two months.
- USE A THERMOMETER! Any outdoor thermometer that can be immersed can be used. You can get such a thermometer at any hardware store.

This is NOT to be used on warts on the trunk or genital areas.