

Care following wart treatment

Also known as Cryotherapy

This factsheet has information about selfcare following wart treatment.

What is this?

Cryotherapy treatment involves applying liquid nitrogen to warts. It aims to remove visible warts, but does not remove the actual wart virus, which may persist in the skin for several months after the warts have gone.-

How is it treated?

Cryotherapy produces a small burn which may cause pain, swelling and a blister at the treatment site within several days. The blister may then weep and crust over. The area usually heals within a week, but there may be some depigmentation (loss of skin colour)

If you experience pain after treatment, salt baths, ice packs and simple analgesics such as Panadol are effective. Keep the treatment area clean and dry and do not apply lotions, creams or Band-Aids. If possible refrain from sexual intercourse until the area heals, as this could increase the risk of bacterial and sexually transmissible infections.

Are there any complications if not treated?

Topical creams or paints may also be prescribed for you to put on your genital warts. If a topical treatment has been prescribed for you today follow the application instructions on the packaging, and the directions from your doctor/nurse.

Using more cream/paint than recommended will not result in faster wart clearance. Overuse of creams/paints may result in ulceration and skin damage. If skin symptoms are severe, cease treatment and discuss further treatment with a nurse by phoning 9341 6200 or attending the centre for review

Avoid genital hair shaving/waxing/trimming during treatments, as this may aid the spread of the warts. Smokers are advised to stop smoking, as smoking is associated with a slower response to treatment and a greater risk of recurrence.

Is it likely to come back after treatment?

You may need to come back for further treatment, and your clinician will advise you when to return. If the warts do not clear with cryotherapy you should discuss other treatment options with the clinician.

How can I protect myself?

Genital warts which are caused by a virus on your skin are common. You do not have to treat them; as your immune system will usually clear the virus with time. All treatments produce some inflammation which can result in loss of pigment in your skin.

Where can I get help?

- Visit a [sexual health service near you](#)

DISCLAIMER

This fact sheet provides general sexual health information and is not intended to replace the need for a consultation with your doctor.

If you have concerns about your health, you should seek advice from your doctor.

If you require urgent care, you should go to your nearest Emergency Department or call [000](#).