

Mediplast for Plantar Warts

(Taken from the University of Wisconsin Dermatology Web Site)

The doctor would like you to use Mediplast® for your child's warts. Mediplast® is a plaster that is soaked with 40% salicylic acid. When wearing the plaster, the acid slowly and painlessly leaches out onto the skin below. This kills the skin cells that harbor the wart virus. This is a very good way of getting rid of warts. Even if another treatment is being used (for instance, the pulsed dye laser), using this plaster speeds the process of thinning the wart and any callus that has formed around it.

Where do I get it?

Mediplast® does not need to be prescribed. You can find it at any local drugstore. Often, you will need to ask the pharmacist for the product. It may be kept behind the counter instead of on the shelves. If they do not have any Mediplast, ask them to order it for you. You may wish to call ahead to see if it is in stock.

How do I use it?

Mediplast® comes as a sheet, wrapped in paper. When you remove the sheet from the wrapper, you will notice that one side is fuzzy and the other is paper. Cut a circle just slightly bigger than your child's wart, remove the paper backing, and place the sticky side down on the skin. If there are a group of warts, cover the entire area with a larger piece of Mediplast®. You should then take a sturdy, water-resistant tape, such as duct tape, and wrap around the toe, foot, finger, etc. You can also use black electrician's tape if the warts are on the toes or fingers. This tape is thinner and slight stretchy. Trainer or athletic tape is ok to use as well, but it tends to get soggy after showers.

Apply the Mediplast® and tape on Monday morning and leave it in place until Friday afternoon or night. It is okay to shower, etc. If the tape falls off, it is okay to keep using the original Mediplast® piece and just replace the tape. Although the package says to change the Mediplast® daily, we've found that it works best if left in place for 4 to 5 days. You may shorten the treatment to 3 days if it causes too much irritation. When you remove the plaster, the skin below will be very white and soft. File the area of white, soft skin with a nail file or a pumice stone. These can be bought in the nail care aisle at the drug or grocery store. File the area until all the white, dead skin is removed or until it is painful. Sometime over the weekend, soak the wart in warm water for 5-10 minutes and repeat the same filing process as described above.

Monday morning, re-apply a new piece of Mediplast® covered with tape. Repeat the process for the next week. Do this weekly until your next visit, or until the wart is gone. Follow up with your dermatologist in 4 weeks or as instructed to check your progress.