



Wart Therapy *(easy way)*

1. Choose 1 of 3 ways or some combination:
 - a. Cover with duct tape for 6 days
 - b. Use 40% Salicylic acid discs for 12-24 hours
 - c. “Freeze-It” for 20 seconds. (Dimethyl Ether products)

*(All these products are over the counter.)

2. 1-3 days after the above treatment of choice (to minimize tenderness), soak for 5-10 minutes then use an emery board, pumice stone or callous grater to remove the dead and thick skin.

3. Repeat step 1, repeatedly for up to 2 months or until gone.

If tape falls off, replace immediately. If hurting, rest it for 2-5 days