

Oxfordshire Sexual Health

How to use your podophyllotoxin cream



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Please read the instruction leaflet enclosed with the podophyllotoxin cream.

Do not use podophyllotoxin cream if you are pregnant or think you could be pregnant.

When do I start my treatment?

Start your treatment on

How do I use the treatment?

Apply the cream directly to the warts twice a day (morning and evening) for 3 days and then stop treatment for the next 4 days. Do not use if your skin is sore or broken around the warts.

Wash your hands after applying the cream.

What do I do if I am not sure if something is a wart?

If you are at all uncertain whether an area or lump is a wart **then do not treat it.**

What happens after the course of treatment?

If any warts remain 7 days after you started using the cream then repeat the treatment course (twice a day for 3 days, followed by 4 days with no treatment).

How long do I use the treatment for?

You only need to treat the skin while you have warts. Once the warts have gone you should stop the treatment. You can use the podophyllotoxin cream for up to 4 weeks, or longer if the warts are getting smaller but are not quite gone.

What happens if my warts don't seem to be going or are getting bigger?

If, after using the treatment for 4 weeks, you are concerned that the warts are not responding to the treatment, please book an appointment to see the **nurse** at the Oxfordshire Sexual Health clinic.

Are there any side effects?

It is possible that your skin may feel sore with this treatment. Do not use the treatment again until the soreness has stopped.

If this happens, bathing the area in salt water can help. Add 1 teaspoon of salt to a pint of warm water and stir until it is dissolved. Use this to rinse or dab on the sore area, but not more than twice a day. Do not apply antiseptic creams or other preparations. Avoid using perfumed soaps or toiletries as these may sting or make it worse.

What do I do if my warts come back?

If your warts return within the next 3 months and you do not have any other problems then you can book an appointment to see the **nurse** at the Oxfordshire Sexual Health clinic. Otherwise please book an appointment to see the **doctor** at the Oxfordshire Sexual Health clinic.

Do not use latex condoms on treatment days and for 24 hours afterwards as this cream can affect the latex and cause them to break easily. Non-latex condoms are available from your local chemist.

If you are very sore or uncomfortable after any treatment; if you think your warts are getting bigger; or if you have any questions then please call us and ask to speak to a nurse. If you need to book an appointment to see a doctor or nurse please call the clinic.

For all enquiries or appointments

Please telephone:

Oxford **01865 231 231**

Banbury **01295 819 181**

Further information

Please see our website:

<http://www.sexualhealthoxfordshire.nhs.uk>

If you have a specific requirement, need an interpreter, a document in Easy Read, another language, large print, Braille or audio version, please call **01865 221 473** or email **PALSJR@ouh.nhs.uk**

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