

Do shower rather than bath if possible - in a bath, you are sitting in all the bath products.

If you want a bath, use lukewarm water, wash your skin with an emollient only, wash your hair at the end and rinse off your genitals with water and emollient. Limit baths to 'treat' time only.

Don't wash your genitals with foaming products - no soaps, shower gels, or bubble bath products.

Don't apply perfumed products your genitals either - no baby wipes, feminine washes, douches, perfumed toilet tissues, sprays, or perfumed lubricants.

Don't wash too much - it irritates the genital skin. Just use your hands to wash the genital area

Don't have the water too hot as it dries the skin out - try to have lukewarm showers.

Don't rub the skin dry, pat it dry with a towel instead

Our mission

Providing the excellent care we would expect for our own families.

The Royal Bournemouth Hospital,
Castle Lane East, Bournemouth, Dorset, BH7 7DW

The Bournemouth Hospital Charity raises funds for the Bournemouth and Christchurch Hospitals to enhance patient care and purchase items which directly benefit patients and staff above and beyond that which can be funded by the NHS alone.

If you would like to contribute to the Bournemouth Hospital Charity please contact them on **01202 704060**, email **charity@rbch.nhs.uk** or visit **www.bournemouthhospitalcharity.org**.

If you have any queries or concerns about your care at the Royal Bournemouth and Christchurch Hospitals NHS Foundation Trust, the Patient Advice and Liaison Service (PALS) would be happy to help you and can be contacted on **01202 704886/704301** or **pals@rbch.nhs.uk**.

If you would like this leaflet printed in a larger font, please contact the Communications Team on **01202 704905** during the office hours of 8.30am-5pm Monday - Friday.



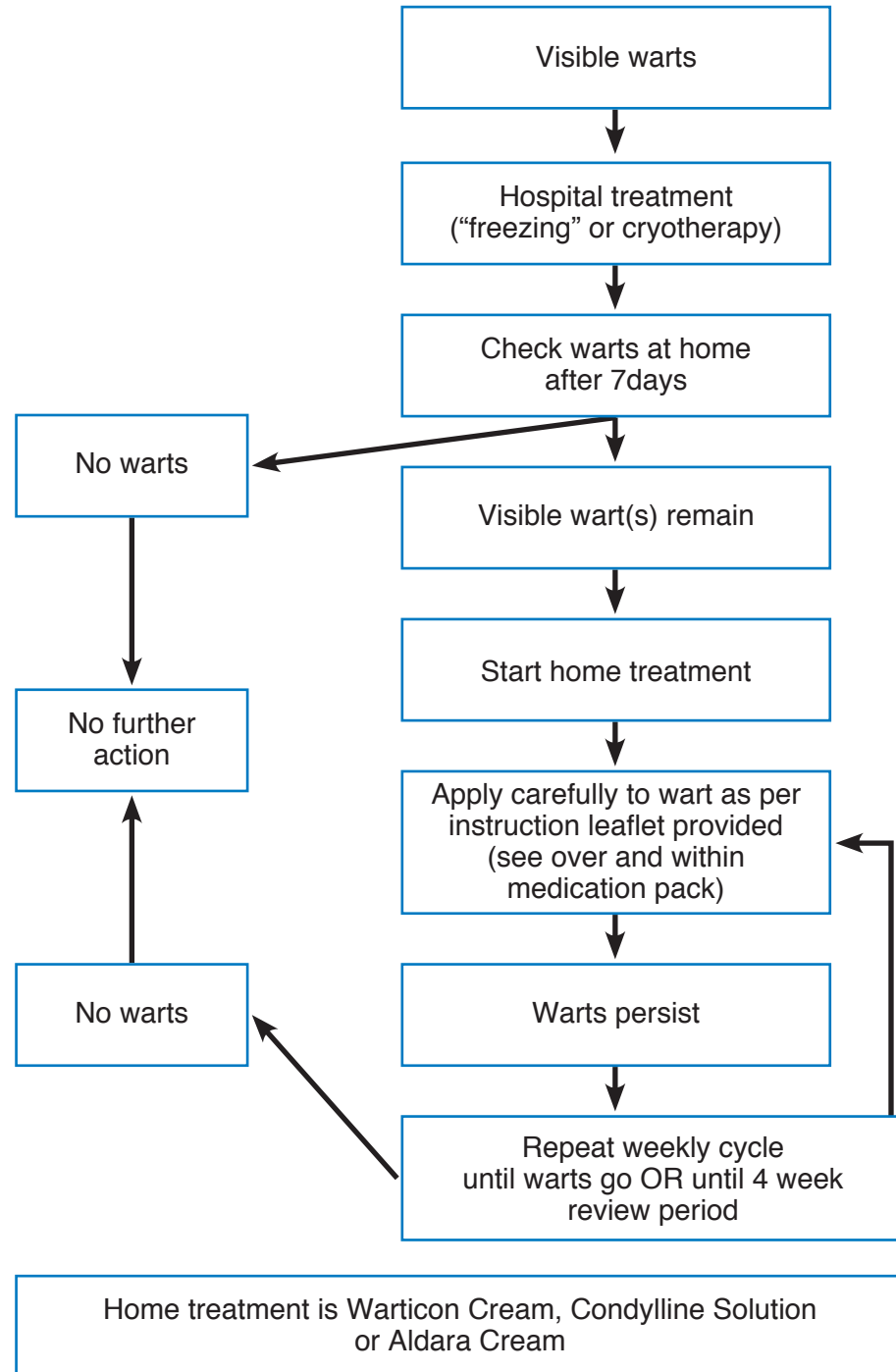
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Home treatment for genital warts

Department of Sexual Health
Contact number: **01202 704644**

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Home wart treatment

Do not use if you could be pregnant.

You must be using a reliable method of contraception for it to be safe to use home treatment.

How do I use home wart treatment?

Warticon/Condylline

- Apply to warts twice a day - morning and night for three days.
- Stop treatment for four days to let your skin recover.
- Do not use if too sore (mild discomfort is normal).

Aldara

- Apply to warts three times a week on alternate days - say Monday, Wednesday, Friday, for example.
- Do not use every night to allow your skin to rest and the treatment to work.
- Do not use if too sore (mild discomfort is normal).

How long do I treat for?

- Repeat the seven day cycle until there are no more visible warts.
- If the warts don't change at all after four weeks of treatment, make an appointment at the clinic for a review.

What do I do if the warts come back?

- If you don't think you need another sexual health check-up and don't have any other concerns, you could start using the home treatment again.
- Make sure you are not at risk of pregnancy.
- Follow instructions as before.
- You should return to the clinic if the treatment doesn't clear the warts after two, four week cycles of treatment.

As warts and other genital conditions can be made worse by inappropriate washing we suggest the following to help your genital skin become healthier...

Do use an emollient (cream) such as Dermol, Hydromol, Cetraben or Doublebase to wash your genitals.

Do wear cotton underwear, but nothing too tight at night (ideally nothing at all).

Do choose non-scented, non-perfumed lubricants.