

## Instruction On The Use Of Upton's Paste

1. Paint clear nail polish on the healthy skin surrounding the wart.
2. Cut a hole the same size and shape as the wart in a short strip of Elastoplast (eg using a paper hole punch) and apply to the foot so that the wart is poking through the hole but the surrounding skin will be protected from the paste.
3. To assist in penetration of the paste use a sharpened cuticle stick to gently press in to the centre of the wart, gently twist to break the skin surface.
4. Apply the paste sparingly.
5. Cover with another strip of Elastoplast
6. Leave for three days
7. Remove tape and wash, then using a cuticle stick or similar remove as much of the white dead material as possible without causing pain or bleeding.
8. Leave overnight.
9. Re-apply as in steps 1 to 5.
10. After three days remove the Elastoplast in the morning and wash.
11. Come in the same day as the Elastoplast has been removed and the doctor will pare down the wart.

Note: Upton's Paste is extremely potent and must be stored safely and **only** used on the *soles of the feet* as directed above.