

11 Superficial soft-tissue injuries and superficial thrombophlebitis

Topical circulatory preparations

Overview

These preparations are used to improve circulation in conditions such as bruising, superficial thrombophlebitis, chilblains and varicose veins but are of little value. Chilblains are best managed by avoidance of exposure to cold; neither systemic nor topical vasodilator therapy is established as being effective.

HEPARINOIDS

Heparinoid

● INDICATIONS AND DOSE

Superficial thrombophlebitis | Bruising | Haematoma

► TO THE SKIN

► Adult: Apply up to 4 times a day


- **CONTRA-INDICATIONS** Should not be used on large areas of skin, broken or sensitive skin, or mucous membranes
- **LESS SUITABLE FOR PRESCRIBING** Hirudoid® is less suitable for prescribing.

- **MEDICINAL FORMS** There can be variation in the licensing of different medicines containing the same drug.

Cream

EXCIPIENTS: May contain Cetostearyl alcohol (including cetyl and stearyl alcohol), hydroxybenzoates (parabens)


► **Hirudoid** (Genus Pharmaceuticals Ltd)

Heparinoid 3 mg per 1 gram Hirudoid 0.3% cream | 50 gram  £3.99 DT = £3.99

Gel

EXCIPIENTS: May contain Fragrances, propylene glycol

► **Hirudoid** (Genus Pharmaceuticals Ltd)

Heparinoid 3 mg per 1 gram Hirudoid 0.3% gel | 50 gram  £3.99 DT = £3.99

12 Warts and calluses

Warts and calluses

Overview

Warts (verrucae) are caused by a human papillomavirus, which most frequently affects the hands, feet (plantar warts), and the anogenital region; treatment usually relies on local tissue destruction. Warts may regress on their own and treatment is required only if the warts are painful, unsightly, persistent, or cause distress.

Preparations of salicylic acid p. 1353, formaldehyde p. 1351, glutaraldehyde p. 1351 or silver nitrate p. 1352 are available for purchase by the public; they are suitable for the removal of warts on hands and feet. Salicylic acid is a useful keratolytic which may be considered first-line; it is also suitable for the removal of *corns* and *calluses*. Preparations of salicylic acid in a collodion basis are available but some patients may develop an allergy to colophony in the formulation; collodion should be avoided in children allergic to elastic adhesive plaster. Cryotherapy causes pain, swelling, and blistering, and may be no more effective than topical salicylic acid in the treatment of warts.

Anogenital warts

The treatment of anogenital warts (condylomata acuminata) should be accompanied by screening for other sexually transmitted infections. Podophyllotoxin p. 1351 (the major active ingredient of podophyllum) may be used for *soft, non-keratinised* external anogenital warts. Patients with a limited number of external warts or *keratinised* lesions may be better treated with cryotherapy or other forms of physical ablation.

Imiquimod cream p. 1352 is licensed for the treatment of external anogenital warts; it may be used for both keratinised and non-keratinised lesions. It is also licensed for the treatment of superficial basal cell carcinoma and actinic keratosis. Camellia sinensis ointment below is licensed for the treatment of external anogenital warts.

Inosine pranobex p. 670 is licensed for adjunctive treatment of genital warts but it has been superseded by more effective drugs.

ANTINEOPLASTIC DRUGS > PLANT ALKALOIDS

Camellia sinensis

03-May-2017

- **DRUG ACTION** Camellia sinensis is an extract from green tea leaves. The exact mechanism of action is not known; non-clinical studies have shown inhibition of the growth of activated keratinocytes, and anti-oxidative effects at the site of application.

● INDICATIONS AND DOSE

Warts (external genital and perianal) in immunocompetent patients

► TO THE LESION

► Adult: Apply up to 250 mg 3 times a day until complete clearance of warts (maximum 16 weeks), do not exceed treatment period even if new warts develop; maximum 750 mg per day

DOSE EQUIVALENCE AND CONVERSION

► 250 mg is equivalent to 0.5 cm of ointment.

- **CAUTIONS** Avoid broken skin - avoid contact with eyes - avoid contact with lips - avoid contact with mouth - avoid contact with nostrils - avoid inflamed skin - uncircumcised males (risk of phimosis) - vulvar region
- **SIDE-EFFECTS**
 - **Uncommon** Balanoposthitis - increased risk of infection - lymphatic abnormalities - necrosis - painful sexual intercourse - phimosis - skin reactions - urinary disorders
 - **Frequency not known** Urinary tract stenosis - vaginal discharge
- **CONCEPTION AND CONTRACEPTION** Manufacturer advises *Catephen*® may weaken condoms and vaginal diaphragms—alternative methods of contraception should be considered.
- **PREGNANCY** Manufacturer advises avoid—toxicity in *animal studies*.
- **BREAST FEEDING** Manufacturer advises risk to infant cannot be excluded—no information available.
- **HEPATIC IMPAIRMENT** Manufacturer advises avoid in severe impairment (limited information available).
- **DIRECTIONS FOR ADMINISTRATION** Manufacturer advises apply to each wart, ensuring a thin layer is left on the wart. It is not necessary to wash off the ointment from the area before next application.
- **PATIENT AND CARER ADVICE** Manufacturer advises the ointment should be washed off before sexual activity. Manufacturer advises female patients using tampons should insert tampon before applying the ointment.
- **NATIONAL FUNDING/ACCESS DECISIONS**
 - **Scottish Medicines Consortium (SMC) decisions** The *Scottish Medicines Consortium* has advised (April 2016) that camellia sinensis (green tea) leaf extract (*Catephen*®)