



**Manhattan Beach  
Dermatology**  
2809 N. Sepulveda Blvd.,  
Manhattan Beach, CA 90266  
Phone: 310.802.8180 - FAX: 310.802.8150

## DNCB TREATMENT OF WARTS

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DNCB (dinitrochlorobenzene) is a synthetic compound that treats warts by stimulating your body's immune system. This agent can be used to make your immune system attack the warts once your immune system's cells have been taught to recognize DNCB as a foreign compound. Nearly all individuals who have normal immune function can be made to be allergic to DNCB which can then be used to treat the warts. Making one allergic to this compound is not a problem in that it is not something that will be encountered in the environment, nor does it cross-react with agents to which people would normally have exposure.

The first step in the process is the application of a strong concentration of DNCB to the skin. This is usually done on the shoulder or occasionally the thigh is used. Then the body is given two weeks to learn to recognize this is an allergic substance. Then the medication is to be applied in a lower concentration and at a frequency of application to keep a low level of inflammation around the warts. The immune system cells migrate in from underneath going through the warts to get at the DNCB and destroy the warts from the inside out in the process.

Cure rates with this treatment have been about 80% of the patients with the most resistant warts. The length of treatment averages about four months, but many cases are much faster and some are significantly slower. Side effects include itching and inflammatory reaction in the areas of treatment, and also an inflammatory response at the site of the initial application (arm or thigh). The area usually gets red, it may have some swelling and perhaps a blister. It may leave a discoloration of the skin, either lighter or darker, than the normal color which may take weeks to months to go totally back to the normal color.

### APPLICATION INSTRUCTIONS:

The frequency and method of application depends on the skin area being treated:

Most skin sites: apply DNCB nightly.

Palm or Soles: Apply DNCB nightly, soaking the skin in warm water first for 3-5 minutes and occluding the area with plastic wrap (e.g. Saran Wrap) held in place with tape or a bandage.

Sensitization: DNCB is applied to your arm, shoulder or thighs. Eventually (Usually after 3-14 days), you will develop an itchy rash in the areas indicating successful allergy induction! Reduce the reaction in the area with a topical steroid cream which you can apply twice daily. It may take several weeks for the skin to return to normal.

### HELPFUL TIPS:

1. Take breaks if needed. It is important to see some inflammation since this indicates the medicine is working. However, if there is too much pain or discomfort, stop the medicine for a few days and decrease the frequency of application.
2. Duration of treatment. Generally, treatment lasts 12-16 weeks but may require shorter or longer treatments depending on the response.
3. Be Careful with the medicine. Once sensitized, application of the medicine on any part of your skin may cause an intense reaction. Wash your hands after applying (unless you are using the DNCB on your fingers or hands), don't get it in your eyes, and apply the medicine carefully with a cotton swab only to the warts. If the warts are on the hands apply band aids so the DNCB does not spread to other parts that you touch.

### SIDE EFFECTS:

Side effects include localized itching and mild inflammation. Your doctor will prescribe a cream that you can apply to any sites that have severe redness or itching. Some patients break out in a more widespread rash, but this is rare and controllable