

PLANTAR WARTS

Plantar warts (verrucae) are abnormal growths on the feet that are caused by a virus and while ugly usually are not painful. Because they are not painful, people usually let them go until they get much larger or increase in number. Because of their location, the main body of the plantar wart is under the skin and they do not respond to wart medicines purchased in the drug store.

WARTS ARE CONTAGIOUS

Like other virus infections, warts may be transmitted from one person to another. They frequently are transmitted to other family members and sometimes result in the whole family having plantar warts.

WARTS MULTIPLY

Warts may also spread from one location on the skin to other areas on ones body either adjacent or far away from the original site. Some people begin with one wart and develop hundreds.

WARTS SHOULD BE REMOVED

Even though the recurrence rate of warts after their removal is relatively high (1 in every 3-4), warts should be removed to prevent their spread. Warts are removed from children and adults with a painless, non-disabling procedure with no time off of school or work. Once removed warts do not come back if successful. But some people harbor the wart virus on their skin and reinfection shortly after removal or a few months later is possible. After your treatment is completed you should inspect the treated area frequently, particularly after bathing, for several months. If you notice or suspect anything-call the office immediately.

TO HELP PREVENT REINFECTION AFTER TREATMENT:

1. Scrub feet thoroughly with soap and water following possible exposure to warts in swimming pools, locker rooms, etc..
2. Avoid walking barefoot as warts often begin at the site of cuts.
3. Have any warts elsewhere on your body removed. Any wart is a potential source of reinfection.
4. **IMPORTANT:** Many recurrences are a result of reinfection from another member of the family. To protect against repeated infection, all family members should have their warts removed.