

Fast Facts

Plantar Warts

- Appear on feet, usually heels or other weight-bearing areas
- Caused by the Human Papillomavirus (HPV) entering your body through tiny cuts or breaks in the out layer of the skin of your feet
- There are over 100 kinds of HPV, and only a few cause warts on the feet. These versions aren't highly contagious, so the virus doesn't transmit easily
- It's more likely to spread in warm, moist environments, such as walking barefoot around swimming pools or in locker rooms

<i>Symptoms</i>	<i>Treatment</i>	<i>Prevention</i>
<ul style="list-style-type: none">-Small, fleshy, rough, grainy growth on foot (usually near the base of toes or heel)-Hard, thickened skin (callus)-Black pinpoints (commonly referred to as wart seeds)-Pain/tenderness when walking or standing (can cause altered posture/gait)	<ul style="list-style-type: none">-Most are harmless and will go away without treatment (it can take a year or two)-If warts are painful or spreading, try over-the-counter treatments <p><i>Doctor's Office:</i></p> <ul style="list-style-type: none">-Salicylic acid-Cryotherapy-Trichloroacetic acid-Antigen injections-Laser therapy-Removal with an electric needle	<ul style="list-style-type: none">-Avoid being barefoot in areas such as swimming pools and locker rooms-Keep feet clean and dry by changing socks and shoes daily-Avoid direct contact with warts (including your own)-Use a separate emery board, pumice stone, and nail clippers for the area around the wart

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