

PROFESSIONAL TREATMENTS

Acid therapy employs the use of different kinds of acids which are much stronger than those available over-the-counter.

Surgical removal involves use of a local anesthetic to numb the area. Your doctor has instruments that are then used to remove the wart.

Bleomycin injection of the wart is often effective. The warts are usually injected with a needle or a needleless air injector. In successful treatment, the area usually turns dark and is most often tender for a few days.

Freezing (cryotherapy) with liquid nitrogen may be used in some cases. Often, a second application may be needed.

Laser destruction of warts can be effective. The laser is only available at certain times and requires scheduling. Local anesthetic is needed.

Other treatments are available in addition to those listed, and combination therapies can be utilized at times.



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WARTS



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Warts are one of the most common foot problems. When they occur on the sole or plantar surface of the foot, they are called plantar warts. Warts can occur anywhere on the skin, but only those on the bottom of the foot are plantar warts.

WHAT CAUSES WARTS?

Warts are caused by a skin virus that usually enters through broken skin such as a crack, a blister, or a minor injury.

Children and teenagers tend to get warts more easily, but they are found in adults as well. Some people seem to be immune and never get warts.

The virus that causes warts is often picked up by walking barefoot. The virus also seems to be more common in warm, moist areas, such as those found around public pools or showers.

APPEARANCE AND SYMPTOMS

Warts are often mistaken for other skin growths. On the bottom of the foot, a callus tends to form over a wart. Your doctor can painlessly scrape the dead skin or callus away to determine if it is a wart.

Though far less common, more serious skin problems, such as a melanoma or carcinoma can be mistaken for warts.

Warts most often have small black dots resembling flecks of pepper. They are not “seeds” but are actually tiny blood vessels which nourish the wart. When trimmed, a wart tends to bleed slightly from those areas.

On the bottom of the foot, warts tend to be hard and rough with callus. On the top of the foot, they are more raised and prominent.

Warts may spread and form a large cluster of an inch or more. These are called “mosaic warts.”

Warts on the sole of the foot may cause pain when walking. It is common to have a sharp sensation similar to a piece of glass in the foot.

PREVENTION

- Keep your feet clean and dry.
- Change shoes daily.
- Do not ignore skin growths or changes in your skin.
- Check children’s feet from time to time.
- Avoid going barefooted whenever possible, especially in moist public places.
- Do not have direct contact with warts from other persons or from other parts of your body.

TREATMENT

Self treatment usually involves using an over-the-counter acid preparation. While at times effective, these are often too weak to penetrate the callus which typically covers a wart. The callus must be removed in order for such treatment to be effective.

No treatment or delayed treatment may be an option if the wart is not too painful and not spreading. Some warts will disappear on their own given time. However, there is no guarantee that they will not spread. Even after successful treatment, warts may reoccur and often do so in approximately the same area.

