

Warts

Get Rid of Unsightly Warts Once and For All!

Almost anyone can get a plantar wart. That may not be something you like to hear but it's true. While they most often affect children and young adults, they are a common foot problem treated by Dr. Danciger at his Palm Desert, CA podiatric office.

What is a Plantar Wart?

A plantar wart is actually considered a non-cancerous growth on your skin. The bottom of your foot is known as the "plantar surface" giving meaning to a wart growing on the sole of your foot. They typically have a circular shape and can be as small as a pinpoint to a few centimeters wide.

A plantar wart is often mistaken for a corn or callus as it usually develops a thicker layer of callused skin on the surface. What sets a wart apart is that you will notice some tiny black dots, which are blood vessels that have grown up into the wart. Corns and calluses will not have this distinction.

What Causes a Plantar Wart?

A plantar wart is caused by the human papillomavirus (HPV). This virus lives and thrives in most any environment that is moist and warm. Types of environments would include shower floors, public swimming areas and locker rooms. Each person has a different immune system and will respond to the HPV virus accordingly. This means that not everyone who comes in contact with the virus will necessarily develop a wart.

The virus can enter your body through a tiny cut, scrape or break in the skin. If you are susceptible to the virus and are walking barefoot in the areas listed above, you may be at risk for developing a plantar wart.

What is the Treatment For a Plantar Wart?

Most of the time plantar warts are not anything to be concerned about and will go away with self-care and treatments. There are times though when Dr. Danciger has patients with warts that are very painful and bothersome and require more aggressive treatment. Treatment is important because a plantar wart can grow in size and cause other warts to develop as well. They can be stubborn and resistant to treatment so it is important to remain diligent with your foot care. Treatment options available for plantar warts include:

- Over-the-counter salicylic acid – This is applied once or twice a day for three to four weeks
- Freezing (cryotherapy) – This may require multiple treatments every two to four weeks
- Duct tape method – This option is effective with children who find freezing the wart painful or scary. A piece of tape is applied over the wart for 6 days then removed. The wart is then soaked in warm water and then rubbed with a pumice stone. This process should be repeated for a couple of months or until the wart is gone.
- Cantharidin – A solution is applied to the wart, which causes the skin to blister, lifting the wart off the skin.
- Minor surgery to cut away and destroy the wart
- Laser surgery

When Should I See Dr. Danciger?

You don't need to live with foot pain and there are several reasons when we encourage you to seek treatment:

- When your warts persist and/or multiply despite at-home treatment
- When the wart is painful
- When the wart changes in appearance or color
- When the wart hinders your exercise or activities
- When the wart causes a limp or alters the way you walk
- When you have diabetes or nerve damage in your feet

If you have a stubborn or painful plantar wart, we can help take care of it today! Making an appointment with our Palm Desert, CA podiatric office is easy. Simply call (760) 568-0108 or click on the link directly from our homepage.