

WARTS

Warts are one of the most common viral infections of the skin, especially amongst people who use places such as swimming pools and gymnasiums where many people use the showers and change rooms. A wart is often also known as a verruca or a papilloma.

Warts are caused by a virus that causes the growth of usually small cauliflower shaped lesions, often on the sole of the foot. Warts disrupt the normal skin lines (like fingerprints) of the sole of the foot. Warts often contain dark spots in the central part of the growth because some of the small blood vessels within the wart have burst.



Symptoms: Because there is an increased number of nerves within the wart, they can be very painful especially if they grow under the weight bearing parts of the foot. Warts can be very painful if squeezed. If left untreated, warts can linger for several years. Warts can also spread to other parts of your feet or hands as well as the hands and feet of your family.

Treatment: Your podiatrist will assess your foot and identify the size and site of your wart. A variety of treatment plans to destroy the viral tissue will then be discussed. The treatment methods suggested will depend on a number of factors including the size and site of the wart/s as well as the health and even age of the patient. The type of techniques will vary from the use of weak/strong chemicals to the removal of the wart under local anaesthesia. These methods will be explained to you by your podiatrist.



A wart being bluntly dissected