



Plantar Warts Papilloma, Verruca Plantaris

What's the problem?

A plantar wart is a small skin lesion that resembles a callus and appears on the bottom of the foot or toes. Sometimes a single larger wart is surrounded by many smaller warts. In this case, they are called mosaic warts.



How does it feel?

A plantar wart feels like a lump under the foot. They are only painful if they are squeezed or pinched from side to side, or if you bear direct weight on them. Warts on other parts of the body, such as the hands, grow elevated above the skin's surface. We bear weight on warts on the bottom of the foot, so they get flattened and pushed into the skin. Most people liken this to walking with a rock attached to the foot, as the thickened callous tissue becomes hard and painful as it gets bigger.



How did this happen?

All warts are caused by the Papilloma virus, a slow growing virus which invades the skin. The viruses are common in all of our environments and they don't readily grow on intact skin. If there is a break in the skin, like a scratch or thorn penetration, this gives the virus the opportunity to get in and start growing.

How is it diagnosed?

Your podiatrist can usually diagnose a plantar wart based on a characteristic appearance alone. When the doctor trims the hard callus tissue from the

surface of the wart, a pattern of small black dots that are actually small blood vessels that feed the wart, is usually seen. The doctor may also take a sample of skin and analyze it under a microscope.

How can I care for myself?

If you have good blood flow, good feeling in your feet and the wart is small, you can try over the counter products that contain the ingredient salicylic acid.

People with Diabetes or other people with numbness or bad circulation should not use these products, as it can be dangerous for them.

How will my doctor care for me?

Your doctor has a number of choices for treating your Plantar Wart.

Unfortunately, warts are stubborn entities and even the best methods for removing them have a high rate of reoccurrence, around 15%.

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