

Mukesh D. Bhakta, DPM

WART CARE INSTRUCTIONS

Warts are skin growths caused by viruses. They can grow on any part of the body where skin is present. Your hands and feet are highly susceptible since they come in contact with various surfaces that might not be clean. Walking barefoot in public areas exposes you to contract warts. Children most commonly pick them up around swimming pools and adults in locker rooms. You may also contract them while walking bare feet outside. They can spread by picking or scratching them. If you have "sweaty feet", you are more susceptible. They can remain the same size, grow and spread, or disappear. Warts may hurt depending on their location, size, and depth on the foot. Occasionally, in children who do not respond to chemical treatment, oral medicines may be used in conjunction with your current treatment.

Our office uses a variety of methods to treat warts including chemical cautery, laser cautery, oral Rx medications, topical Rx medications, and surgical excisions. Warts tend to reoccur in certain individuals, so proper foot hygiene is important. It is highly recommended not to walk barefoot in public areas and sterilize all your shoes once the warts are gone.

1. Your foot has been treated with the chemical Cantharone Plus. Its normal action is to form a blister underneath the wart, which kills the wart by cutting off its blood supply. You may or may not be able to see the blister.
2. Keep bandage on for _____ hrs. Wash off with soap and water and apply loose band aid with antibiotic ointment after drying for at least 7 days. If you experience severe irritation, you may wash it off sooner.
3. Apply ice (2 x 15min) the evening of treatment to reduce pain from irritation. Try to rest and reduce activity for next 2-3 days after treatment. You may take Tylenol or Advil for pain as needed. Cool water soaks for 10-15 min daily may also help relieve pain and irritation.
4. If your pain is intolerable or severe, it is most likely due to fluid trapped under the skin and needs to be drained with a clean sterile needle. You may use a sterile needle and poke the area on the outer edge (and not the center of wart) to drain the blister (be careful). It usually drastically reduces the pain. Clean with peroxide or alcohol. Try not to remove any loose skin and keep it on to protect the raw skin underneath.
5. If you experience signs of REDNESS, HEAT, SWELLING AND ESPECIALLY RED STREAKING, CALL OUR OFFICE IMMEDIATELY 703-753-3338, as you may need an oral antibiotic and need to be seen. Infection is uncommon, but can occur on occasion.
6. It generally takes multiple treatments to eradicate the warts. Chemical treatment rarely leaves any scar tissue and generally do not have to take time off work or school. Laser treatment may be painful and may leave a slight scar and needs a local anesthetic injection if doing an aggressive treatment. Surgical excision (generally the last resort) requires local anesthetic injections and non-weight bearing (if on plantar foot) for a few weeks.

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