

FOOT CARE

PLANTAR WARTS (VERRUCAS)



Your Tools to Good Health



Polyclinics
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WHAT ARE PLANTAR WARTS?

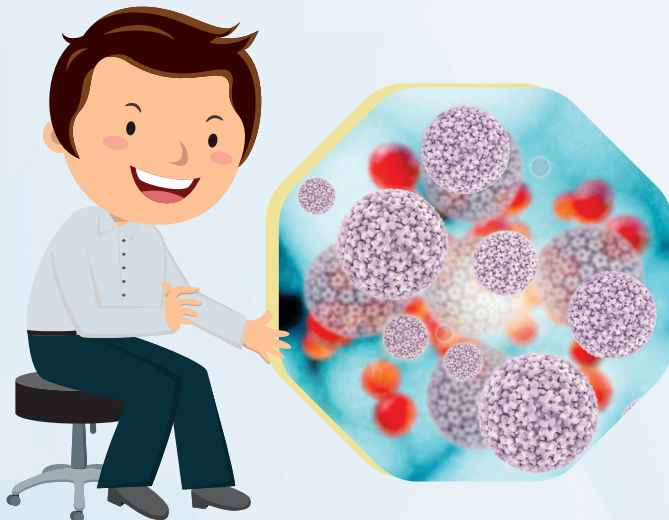
Warts are lesions with localised thickenings on the skin. Plantar warts occur on the soles of the feet and are also known as verrucas.

Close inspection of plantar warts may reveal small black dots which are blocked blood vessels. Plantar warts are common in both children and adults, and can occur in clusters anywhere on the soles and toes, often at weight bearing areas.



WHAT CAUSES PLANTAR WARTS?

They are caused by a viral infection known as the “human papilloma virus” (HPV) and is spread via direct contact with the virus. The virus enters the skin through tiny breaks in the skin surface. Plantar warts tend to thrive in warm and moist environments such as swimming pools, changing rooms and floors of shower areas.



CAN PLANTAR WARTS BE CURED?

Plantar warts can be cured, however, it may require more than a single treatment depending on the individual's case.

Some warts can be very stubborn. Treatment does not always work and can be long drawn. Some warts will go away by themselves in due course.

Some of the commonly used treatments include salicylic acid preparations, liquid nitrogen (not offered at polyclinics) and alternative treatments such as tea tree oil and duct tape.



WHAT CAN I DO IF I HAVE A PLANTAR WART?

- Do not try to cut out or burn it yourself.
- Do not pick at your plantar warts or use nail clipper to trim it.
- Do not share your shoes or socks with anyone else.
- Do not go barefoot in public places. Plantar warts should be covered with waterproof plasters or rubber "verruca socks" if you go swimming.
- File the thick skin overlying the wart using disposable emery boards or file. Do not damage the surrounding skin when filing down warts or use the file for any other purpose, as doing so may spread the virus use the file for any other purpose, or you may spread the virus.
- Wear comfortable shoes that do not press on it.
- Keep feet clean and dry, and change your socks daily.



Please consult your doctor if your warts are worsening.



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