

FOOT & ANKLE CENTER OF FRISCO

PODIATRIC MEDICINE AND SURGERY

WWW.DFWFOOT.COM

5375 COIT RD STE #100

FRISCO, TEXAS 75035

Phone: (972) 712-7773

Fax: (972) 712-3134

Horst P. Knapp, DPM, MS, FACFAS

Mojgan Tavakoli, DPM, FACFAS, ABPOPPM

Anthony Brockington, DPM, AACFAS

Rebecca M. Wiesner, DPM, AACFAS

What is a plantar wart and why should I treat it?

What are plantar warts?

Plantar warts are common infectious skin lesions that can be present on the feet caused by a specific strain of Human Papilloma Virus (HPV). Plantar warts are non-cancerous and are NOT caused by the same HPV as genital warts. These lesions are more common in people under the age of 16, however, they can affect people of all ages. If you are an adult with a plantar wart for several months that has not responded to conservative treatment, a biopsy should be considered.

How do I catch plantar warts?

Plantar warts are contagious and can be spread by direct or indirect contact. Typically, these lesions are spread in indoor public places such as bathrooms, locker rooms, gymnasiums, hotel rooms, etc.

How do I know if this spot is a wart?

On initial exam, plantar warts can look like a corn or callus. On closer inspection, you may notice small black spots or seeds. The small black spots are actually blood vessels growing into the wart and are a clear differentiation between calluses and warts. Another sign you may have a wart is if there is tenderness with compression of the lesion. Calluses do not hurt with compression. If you think there is a wart on your foot it is best to have a specialist evaluate. We do not recommend OTC wart remedies as these acid treatments do more damage to surrounding tissue than the wart themselves.

Why should I have my wart treated?

Warts are contagious and often a painful and embarrassing skin condition that can easily spread to friends and family. While we do know that this particular HPV stain is confined to the skin there is more evidence correlating other strains of HPV with cancer such as cervical, mouth and throat cancer.

How does the F&A center treat plantar warts?

The Foot & Ankle Center of Frisco has the latest technology for the treatment of plantar warts. Our physicians start by painlessly removing the thick outer layers of skin covering the wart using a sterile scalpel. Then we use a combination of cryotherapy, laser, prescription anti-wart creams, topical keratolytics (acid), and cantharidin plus (beetle juice) as needed.

If you or a loved one suffer from painful or unsightly plantar warts, contact your specialist at the Foot & Ankle Center of Frisco today.