

What are Plantar Warts?

Plantar warts are prominent and sometimes painful areas on the bottom of the foot caused by a viral infection. These warts often look like a callus but both have distinguishing characteristics that are listed below.

A Plantar Wart:

- May or may not be in high friction areas.
- Skin lines pass around the lesion.
- May be multiple satellite lesions of variable size.
- Maximum pain with side-to-side squeezing.

Many of these plantar warts cause no symptoms and therefore may not require treatment. They often spontaneously disappear without treatment. Following treatment, it is not uncommon for some warts to return. However, plantar warts are contagious, so it is important to protect others from infection.

- Wear footwear at all times. Thongs or bathing shoes should be worn in community showers.
- Do not share shoes with others.
- Wash out the shower or tub after with a cleanser (i.e., Comet or Ajax, etc.).
- Do not scratch the wart as this may cause them to spread.

What is a Callus?

- Localized to high friction areas (i.e., under bony prominences).
- Skin lines pass through the lesion.
- No satellite lesions.
- No punctuate hemorrhages (black dots).
- Maximum pain with direct pressure.

Treatment for Plantar Warts

Occasional flattening of the wart with an emery board, pumice stone or callus file is usually enough to prevent the wart from causing pain.

Duofilm Treatment

Duofilm is a liquid that contains mild acids that will slowly dissolve the wart. It should not come in contact with healthy skin surrounding the wart or it may cause blistering and irritation. Apply the medication nightly or as directed below:

- Remove thickened skin over the wart with an emery board, pumice stone or callus file.
- Soak the foot in warm water for 5 minutes then dry thoroughly.
- Apply a thin layer of Duofilm over the wart using the brush applicator and allow it to dry.
- Cover the area with "Micropore" tape until the next night.
- Repeat these steps until the wart is gone. This may take several months.
- If the skin becomes irritated or blistered, stop the treatment until it subsides.
- Keep the bottle tightly capped when not in use.
- Following treatment, if the wart does not resolve and it is still causing symptoms, check with your physician for a follow-up appointment.

Caution

Patients with diabetes mellitus, vascular disease or other conditions affecting the sensation of the feet should not use this treatment unless directed by a physician.