

Plantar warts are skin growths caused by HPV virus. Typically, they are contracted by being barefoot around swimming pools, in locker rooms, and outside. Those who have sweaty feet are more susceptible. Please be aware that warts can reoccur, so proper foot hygiene is important. Warts may hurt depending on their location, size and depth on the foot. Our office uses a variety of methods to treat warts including chemical or laser cauterization, prescription oral or topical medication, and surgical excision (last resort).

Today, you have been treated with Cantharone Plus, which is a chemical cauterization medication.

- Keep the bandage on for _____ hours. If you experience severe irritation, you may wash it off sooner. Wash off with soap and water and apply loose band aid with antibiotic ointment. Keep the area covered for the next 7 days.
- Apply ice (3 x 15 minutes) the evening of treatment to reduce pain from irritation. Try to rest and reduce activity for the next 2-3 days after treatment. You may take Tylenol or Advil for pain as needed.
- If your pain is intolerable or severe, it is most likely due to fluid trapped under the skin which needs to be drained. Clean the area before attempting to drain. Use a sterile needle to poke several areas along the outer edge(not the center) at a 45 degree angle to drain the blister. Wash with warm water and soap and apply an antibiotic ointment and band aid. Try not to remove any loose skin and keep it on to protect the raw skin underneath. Our staff is available to drain blisters if you are unable to do so at home.
- 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.
- It generally takes multiple treatments to eradicate the warts. Chemical treatment rarely leaves scar tissue and you do not need to take time off from school or work. Laser treatment is painful, may leave a slight scar, and requires a local anesthetic injection. Surgical excision requires a local anesthetic injection and non-weight bearing for a few weeks.
- If there is no response to treatment, further diagnostic evaluation may be required. A biopsy may be performed to rule out other causes for the growth.