

# Fact Sheet

## Warts

### What is a Wart?

Warts can appear on various parts of the body and are particularly common on the feet in the form of plantar warts – medically known as veruccas.



### Causes

Warts are contracted through skin-to-skin contact, and so areas such as surfaces around swimming pools and communal changing areas are danger zones when it comes to the spread of the virus. Warts can look similar to corns, however warts contain nerves and has a blood supply, whereas corns don't.

A podiatrist on sight with no testing required can diagnose warts. They can be painful due to rubbing and pressure from the location of the wart on the feet.

We recommend you seek medical attention if a wart changes shape, colour or causes pain. Always wear protective footwear in communal changing rooms to prevent contracting the virus or spreading the virus to others.

### Treatment

Not all warts require treatment and in some cases will clear up without treatment, however, it can take up to two years for the virus to leave your system and the warts to disappear.

In adults and people with a weakened immune system, warts are less likely to clear up on their own or respond well to treatment.



Highett  
Podiatry

# Fact Sheet

## Warts

### Treatment (cont.)

Leaving the wart to go away by itself is one option or alternatively you may want to consider treatment if your wart is painful, in an awkward position, or is causing you distress or embarrassment.

There are a number of treatments available for warts, but there is no single treatment that is 100% effective and it may return in time. A wart is a virus, and just like the common cold, the body's immune system will take care of it in time.

The aim of treatment is to remove the wart without it returning and without leaving any scarring.

Treatments include:

- Salicylic acid or other chemical therapies
- Cryotherapy (freezing)
- Duct tape therapy
- Surgical curettage



Highett  
Podiatry

#### **ALWAYS CONSULT A TRAINED PROFESSIONAL**

The information in this resource is general in nature and is only intended to provide a summary of the subject matter covered. It is not a substitute for medical advice and you should always consult a trained professional practising in the area of medicine in relation to any injury or condition. You use or rely on information in this resource at your own risk and no party involved in the production of this resource accepts any responsibility for the information contained within it or your use of that information.