

# Wart - Plantar

## Definition

- A wart on the bottom of the foot (plantar surface)
- Viral infection of the skin

## Health Information

### Symptoms

- Warts are round, rough-surfaced growths on the skin
- Those on the sole of the foot are usually flattened.
- Center contains tiny black dots. These are clotted little blood vessels.
- Usually found on the weight bearing surfaces. This means the heel or ball of the foot.
- Plantar warts are always painful with walking. Sometimes the pain causes a limp.

### Cause

- Warts are caused by several human papilloma viruses (HPV)

### Prevention of Spread to Others

- Avoid baths or hot tubs with other children. Reason: Warts can spread in warm water.
- Also, avoid sharing washcloths or towels.
- Time it takes to get them after close contact: 3 months

## Care Advice

### 1. Overview:

- Plantar warts are painful and always need to be removed.
- They can't be treated at home. Wart-removing acid rarely works on plantar warts.
- The longer you wait, the more painful they will become.
- Also small warts are much easier to treat than large warts.
- Here is some care advice that should help.

### 2. Referral to a Dermatologist:

- Make an appointment with a doctor who is an expert on treating skin problems.
- The wart can be destroyed with freezing or laser.
- A second treatment is often needed 1 or 2 weeks later.

### 3. Frozen Warts:

- After freezing, a blister almost always develops on top of the wart. Sometimes, it's a blood blister. A blister means the freezing was effective and destroyed the wart tissue.
- Do not open the blister. It will dry up in a few days and peel off in 2 weeks. No treatment is needed.
- If the blister does open and drain, apply antibiotic ointment. No prescription is needed. Use 3 times a day for 2 days.
- For PAIN, give acetaminophen or ibuprofen as needed.

4. **Prevention of Spread to Other Areas of Your Child's Body:**
  - Discourage your child from picking at the wart.
  - Reason: Picking it and scratching a new area with the same finger can spread warts. A new wart can form in 1 to 2 months.
  - If your child is doing this, cover the wart with a piece of Duct Tape.
  - Keep your child's fingernails cut short and wash your child's hands more often.
5. **What to Expect:**
  - Without 1 or 2 special treatments, the wart should be cured.
  - Without treatment, the wart could last 2 or 3 years.
6. **Return to School:**
  - Your child doesn't have to miss any child care or school for warts.
  - Warts are only mildly contagious to other people.

## Call Your Doctor If

- Warts come back after the treatment ends
- You think your child needs to be seen

### Pediatric Care Advice

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