

Plantar Warts

Plantar warts (also known as verucca) are benign skin lesions that are caused by the human papilloma virus (HPV). They are the same as the warts that you can get on the other areas of your body, except these ones are on your feet.

They can present as a single lesion or in clusters. Warts are quite contagious and can be picked up from communal swimming pools, bathrooms and any other communal areas where there is adequate moisture and warmth.

Plantar warts may or may not be painful. It is typical of a wart to hurt when squeezed with sideways pressure whereas corns are painful with direct pressure. It is important not to “pick” at warts as this can make them worse and allow spreading of the virus that may cause more warts on other areas of the body.

The Podiatrists at St Lukes Foot Clinic can diagnose and treat warts/verruccas. There are multiple treatment modalities available which your Podiatrist can discuss with you. These include; applying various acid preparations, surgery and simple removal of the hard skin overlying the wart. These lesions can be quite stubborn to cure and may require multiple or repeated treatments.

If you would like to know more about wart treatment, please give us a call.

