

PLANTAR WARTS

Symptoms

- Usually appear on the sole of the foot and are raised and spongy
- Often will appear to have tiny black dots
- If left untreated they can spread
- May be painful if it appears on a weight bearing area of the foot

Causes

- A virus enters the body through an open areas
- Warts are contagious and care should be taken to protect yourself

What can I do?

- Seek medical attention for treatment
- Avoid walking barefoot in public areas (locker rooms, gyms etc.)
- Keep feet clean and dry
- Caution is advised with over-the-counter preparations as they contain chemicals that can destroy good skin cells and should **NOT** be used by people with diabetes or circulatory problems

Clients with diabetes or poor circulations are encouraged to seek professional help.

If you are looking for a foot care nurse, refer to the foot care nurse website at www.footcarenurse.ca



Information provided by:

**Manitoba Association
of Foot Care Nurses**

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A plantar wart is a condition that is caused by a virus. It may develop over a period of days, weeks or several months. The virus enters the body through a microscopic opening in the skin. Warts can appear anywhere but when they are found on the sole of the foot, they are called plantar warts. Warts can occur individually or in clusters, they range from very tiny to very large, from no pain to very painful.

Although anyone can get the virus that causes plantar warts, children tend to be more susceptible than adults.

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