



Prairie Path Foot and Ankle Clinic

Verruca Protocol

What is a wart?

Warts are one of several soft tissue conditions of the foot that can be quite painful. They are caused by a virus, which generally invades the skin through small or invisible cuts and abrasions. They can appear anywhere on the skin, but technically only those on the sole are properly called plantar warts. Children, especially teenagers, tend to be more susceptible to warts than adults; some people seem to be immune. Others will seem to be plagued by warts.

How did I get it?

The plantar wart is often contracted by walking barefoot on surfaces where the virus is lurking. The virus thrives in warm, moist environments, making infection a common occurrence in communal bathing facilities, gyms and shoes.

If left untreated, warts can grow to an inch or more in circumference and can spread into clusters of several warts; these are often called mosaic warts. Like any other infectious lesion, plantar warts are spread by touching, scratching, or even by contact with skin shed from another wart.

How do I get rid of it?

Here at Prairie Path Foot and Ankle, we have a protocol for wart treatment. We have seen great success with our wart treatment, and have had numerous patients report that they have been to many places and have found the only successful treatment was with our method.

Our tried and true treatment protocol is as follows:

Office Visits- Each visit consists of a procedure by the doctor which includes removing the dead layer of skin of top of the wart and application of a controlled topical substance that chemically destroys the wart. We begin with scheduling 4 of these each 1 to a maximum of 2 weeks apart. We recommend making these appointments today to ensure you receive a time that works for you.

Visit #1 _____ Visit #2 _____
Visit #3 _____ Visit #4 _____

At Home –

Topical Medicine – Plantarstat is a topical medication that we use as an at-home treatment in-between visits. It is an over-the-counter medication that is only dispensed by physicians and can be purchased at our office for \$15.

Shoes- You will need to spray all of your shoes weekly with Lysol, or any other disinfecting spray, to kill the virus living in shoes and prevent reinfection.

What to expect – You may experience discomfort for the first 24 hours after the office visit which can be relieved with an oral over the counter pain medication such as Tylenol or Advil. We recommend activity as tolerated, though you may want to avoid sport activities the day after each application.

2 Possible Reactions to watch for: I. Blood Blister; this looks like a dark spot that forms underneath the skin that may or may not be raised and may have some blood drainage. Please contact the office if this occurs. II. Maceration; if you are noticing a lot of white skin around the wart, stop using Plantarstat for 2-3 days and inform your doctor at your next visit.

The protocol does take a commitment on your part. Your success will directly depend on the effort you put forward, including keeping your office visits and applying the medication at home. Remember it will be worth it in the end to be wart-free!