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WART CARE INSTRUCTIONS

Warts are skin growths caused by viruses. They can grow on any part of the body where skin is present. Your hands and feet are highly susceptible since they come in contact with various surfaces that might not be clean. Walking barefoot in public areas exposes you to contract warts. Children most commonly pick them up around swimming pools and adults in locker rooms. You may also contract them while walking with bare feet outside. They can remain the same size, grow and spread, or disappear.

- Warts may hurt depending on their location, size, and depth on the foot.
- Warts tend to reoccur in certain individuals, so proper foot hygiene is important. It is highly recommended not to walk barefoot in public areas and sterilize all your shoes once the warts are gone.

Our office uses a variety of methods to treat warts including:

- Chemical cautery
- Topical Rx medication
- Surgical excisions.

Instructions:

1. Your foot has been treated with the chemical Cantharidin. Its normal action is to form a blister underneath the wart. You may or may not be able to see the blister.
2. Keep bandage on for at least one hour. Wash off with the soap and water and apply loose band-aid with antibiotics ointment after drying. If you experience severe irritation, you may wash it off sooner.
3. Apply ice (2 x 15min) the evening of treatment to reduce pain from irritation. Try to rest and reduce activity for next 2-3 days after treatment. You may take Tylenol or Advil for pain as needed. Cool water soaks for 10-15 min daily may also help relieve pain and irritation.
4. If your pain is intolerable or severe; it is most likely due to fluid trapped under the skin and needs to be drained with a clean sterile needle. You may use a sterile needle and poke the area on the outer edge) and not the center of wart) to drain the blister (be careful). It usually drastically reduces the pain. Clean with peroxide or alcohol.
5. If you experience signs of **REDNESS, HEAT, SWELLING AND ESPECIALLY RED STREAKING, CALL OUR OFFICE IMMEDIATELY AT 801-352-5900**, as you may need an oral antibiotic and need to be seen. Infection is uncommon, but can occur on occasion.
6. It generally takes multiple treatments to eradicate the warts. Chemical treatment rarely leaves any scar tissue and generally do not have to take time off work or school. Surgical excision (generally the last resort) requires local anesthetic injections and protected weight bearing (if on plantar foot) for a few weeks.