

WARTS

Warts are small growths caused by the human papilloma virus (HPV); they sometimes go away on their own, but at other times are difficult to treat, requiring many repeated visits. Even if treated correctly, warts may disappear and then re-appear.

Warts on the sole (plantar surface) of the foot are called plantar warts. Walking and running becomes painful because pressure on the warts forces them into the tissues of the foot. Common warts may be found on other areas of the body. Genital warts (condylomata) are usually transmitted.

PLANTAR WARTS: A self-treatment program for plantar warts using Mediplast is available over the counter. Occasionally warts will respond in two weeks, but unfortunately, it may be necessary to continue treatment for six weeks or longer. This program is not recommended for diabetics.

Self-Treatment Program

1. Scrape down the wart with sandpaper, pumice stone or emery board.
2. Apply Mediplast, cut slightly larger than the size and shape of the wart. Fix securely in place with cloth athletic tape and leave in place for five to seven days. Try to keep area as dry as possible.
3. Remove dressing. The wart often will look larger after the first week of treatment. Soak foot in warm water, dry and repeat steps one and two.
4. Continue this procedure until the wart is completely gone. Successful treatment results in a white, softened wart which often peels off when the adhesive is removed.
5. Participation in water sports may reduce the effectiveness of Mediplast and an alternative treatment method may be necessary; consult the Student Health Center staff.

COMMON WARTS: Duofilm and Occlusal are available over the counter for self-treatment of common warts. Complete removal of the wart may take six weeks or longer. This treatment is not recommended for diabetics.

Self-Treatment Program

1. Wash affected area. Soak in warm water for five minutes. Dry area and pare down the wart with an emery board or pumice stone.
2. Apply the medication of choice to the surface of the wart. Let dry. Cover the area with cloth athletic tape.
3. Repeat steps one and two once or twice daily until the wart is gone. Successful treatment results in a soft white wart, which often peels off when the adhesive is removed.

If any questions or concerns arise during your self-treatment, consult the staff at the Student Health center.