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Instructions For Plantar Wart Treatment

You have been diagnosed with Warts or Verruca. A wart is an infection caused by a virus, which can invade your skin through small cuts or breaks. Over time, the wart develops into a hard, rough growth on the surface of the skin. A wart is most commonly seen on the bottom of the foot (plantar wart), but can also appear on the top. Children, teens, and people with allergies or weakened immune systems are more vulnerable to the wart virus. Warts can grow up to an inch or more across, occurring alone (solitary) or with smaller warts clustered nearby (mosaic). Warts are sometimes mistaken for corns or calluses. They can persist for years and recur in the same spot. If left untreated, warts can spread to other parts of the foot or even to the hands or other areas of the body. There are many ways to treat warts depending on their size and location. Possible treatment methods include topical medication, freezing or burning, curettage or removal with instrument and laser therapy. Dr. Vail will decide which treatment option will be best based on your condition severity. **Please be advised that since a wart is a virus treatment can take several weeks to months to heal, and that there is no treatment that is 100% guaranteed curable.**

Liquid Nitrogen Treatment-If Performed

After liquid nitrogen treatment, a small percentage of patients experience significant discomfort the next day which can last up to 48 hours. If this occurs soak your foot in water with ice cubes five minutes every hour until you have relief. If you have continued significant pain please contact the office. Please leave your bandage on overnight with this treatment, but if too painful you can remove and soak in cool water and baking soda to dilute the acid.

1. Please leave the band-aid on the wart for at least three hours after your visit today.
2. After 3 hours remove the band-aid/patch (unless you have had liquid nitrogen in which case you will need to leave bandage on overnight) and use Amerigel Post Surgery Kit (preferred and available at our clinic) or Amerigel/ Neosporin ointment and band-aid for **3 days**, or until blistering subsides. Drain any fluid from lesion area by puncturing the blister with a sterile needle if possible and then apply Amerigel/Neosporin ointment and a band-aid. If no blistering develops you may start the following treatment immediately:
3. If paste is administered use at night as follows: Apply paste to lesion/s with a Q-tip at night only. Cover with a piece of non-stick gauze and a band-aid before going to bed. In the morning remove band-aid, gauze and any excess paste. You may need to use Dr. Jill's gel insoles to take the pressure off the lesion area for soreness. Next day before going to bed, scrape the dead skin from lesion area/s with a pumice stone or a coarse file. Apply new paste, gauze and band-aid as above.

If blistering or soreness develops, **discontinue paste**, soak in Tea-Tree soaking Crystals (preferred and available at our clinic) or Epsom salt water for 10 minutes 2 times a day and apply Amerigel (preferred) or Neosporin ointment after soaking. Soak until blistering or soreness subsides and resume paste treatment as directed above.

4. **If Dispensed Forma-Ray:** Apply Forma-Ray every day in morning to wart. If you have sweaty feet, apply twice a week to soles of feet to keep feet from perspiring. Do not cover with band-aid. Avoid too frequent use and discontinue if irritation occurs.



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If Dispensed Gordofilm: Apply Gordofilm daily in morning to wart area. Take a pumice stone or callous file and remove dead skin (make sure to disinfect the pumice stone or file with rubbing alcohol prior to use to prevent cross contamination).

5. Use Zeasorb AF powder (available in our clinic) in shoes and on feet daily to help keep them dry.

6. Use Clorox (or Lysol liquid) on shower and bath surfaces before and after use. Warts are a virus, therefore they are contagious. If using a public area, wear aqua socks or thongs. Lysol spray shoes twice daily.

7. Make sure your socks are dry, that might require changing them during the day. Use Dr. Comfort Nanno Bamboo Fiber Socks available at our clinic which help wick away moisture and provide anti-fungal and anti-bacterial protection.

8. Aldara prescription **if prescribed:** Use *Tuesday, Thursday, & Saturday-Off Sunday*. **In conjunction use:** Versone Sal Paste- *Monday, Wednesday, & Friday- Off Sunday*

Please feel free to bring along any of your children at your next visit so we can check their feet for any possible warts. The initial examination will be done as a courtesy at no charge and no paper work will need to be completed.

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