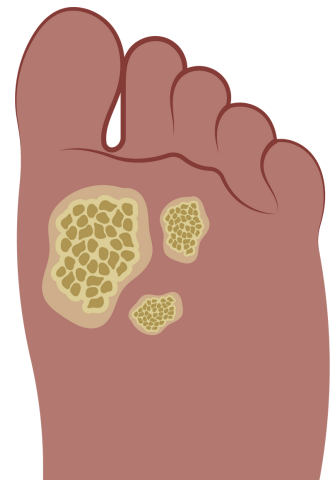


Plantar Warts

Plantar warts are small growths on the bottom of your foot caused by human papillomavirus (HPV). These bumps can be painful especially when walking or standing.



What are the signs?

Plantar warts are thick and rough skin patches that look like a head of cauliflower. Some may have black dots and your skin lines (finger prints) will not show.

What are the causes?

Plantar warts are caused by HPV. The virus enters the body through tiny cuts or breaks in the skin in damp places like public showers or swimming pools.

What are my treatment options?

Medications	Creams with salicylic acid can remove warts.
Cryotherapy	A doctor can remove the wart by freezing it with liquid nitrogen.
Surgery	A doctor can remove the wart through surgery.
Prevention	To avoid getting plantar warts in the future always wear shower shoes in public showers pools.



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