



**WARTS- NOT JUST FROM FROGS!**

1 message

Joseph C. Taub, DPM PA <info@drtaubfootandwound.com>  
Reply-To: info@drtaubfootandwound.com  
To: andrew.green@doctorsinternet.com

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Podiatry Weekly Tips: Warts



**WARTS- NOT JUST FROM FROGS!**

Frogs and toads have long been associated with warts. I'm sure that most people with warts have not touched or kissed a frog.

Plantar warts are a benign lesion seen on the soles of the feet. Plantar warts are common and predominantly seen in children. Plantar warts are caused by a viral infection. The strain of virus is called human papilloma virus (HPV). Sometimes plantar warts can be mistaken for corns and calluses. What differentiates a plantar wart is little black dots seen in most plantar warts. These black dots are little blood vessels that when debrided will create pinpoint bleeding. Plantar warts usually don't appear above the skin due to walking and its flattening effect.

Warts can be contagious, for example, if a person with a wart uses a public pool or shower without wearing shoes and someone else uses the same shower or pool without wearing shoes can contract the warts.

If a patient has a plantar wart that is not painful and wants to get rid of the plantar wart, we will recommend a daily application of a topical wart medication. This is a slow and tedious process, with minimal side effects and can take 8-16 weeks to work. Topical wart medications don't always work. If the plantar wart is painful on ambulation, we usually recommend excision which is an in office procedure.

[Click here to go to our video page on our website](#) and under categories select **skin conditions**. Watch video titled **Excision of benign lesion on foot**.

Hope Everyone had a Happy and Safe 4th of July from Dr Taub & Staff!



STAY CONNECTED



Joseph C. Taub, DPM PA \* Contact us at (772) 283-3800

Joseph C. Taub, DPM PA, 3515 SE Willoughby Blvd, Stuart, FL 34994

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