

## Frequently Asked Questions

### Do I need a referral?

No. If you are suffering from plantar warts, no referral is necessary. You can book an appointment through your Patient Portal, over the phone or in person at locations offering treatment for plantar warts.

### Will I be able to walk, run or exercise after my treatment?

You may experience some discomfort from the treatment, but it shouldn't prevent you from engaging in your usual activities.

### Are plantar warts contagious?

Yes. Plantar warts are caused by the HPV virus and can be passed from one individual to another.

### Are plantar warts and corns the same thing?

No. While plantar warts are caused by HPV, corns are caused by excessive pressure and friction on your foot.



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## Treat Your Plantar Warts Today


Plantar wart treatment is available by appointment only.



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**Plantar Warts  
Clinic**

Book by Phone 

Book Online Via our Patient Portal 

**Everything You Need to  
Know About Plantar Warts**

# Plantar Warts

## What Are Plantar Warts?

Plantar warts are noncancerous skin growths found on the sole of the foot. They develop beneath pressure points, such as heels or balls of the foot. This pressure can also cause a plantar wart to grow inward under a hard, thick layer of skin.

## What Causes Plantar Warts?

Plantar warts are caused by a strain of the human papillomavirus (HPV). The virus thrives in warm, moist environments and a person can get infected through a simple cut or crack in the skin. The incubation period is unknown but has been estimated to vary from months to years.

Plantar warts are seen in all age groups, but they are most common among children 12-16 years of age.

There are a number of risk factors for the development of plantar warts, including:

- Communal showers or walking barefoot in public areas such as a public pool
- Weakened immune system
- Skin trauma

## What Are the Symptoms of Plantar Warts?

Common symptoms of plantar warts include the following:

- Small, fleshy, grainy growths on the soles of your feet
- Pain when walking or standing
- Firm lesions with tiny pinpoint dark spots inside
- Located over areas of pressure or bony points such as the heel and ball of the foot
- Several warts may fuse to form mosaic warts

## How Are Plantar Warts Treated?

Plantar warts are often difficult to treat and self-treating usually fails. The most proven method of treating plantar warts is repeated application of specific chemicals or freezing, which can be completed at an Appletree Medical Centre.

Treatment with liquid nitrogen can cause discomfort while it is being applied. Both liquid nitrogen and the chemical agents can cause blisters that may be uncomfortable, but the discomfort does not typically last more than a few days. It will take between 6-12 weekly treatments to fully resolve your plantar warts.

## What To Expect



### Book Your Appointment

Plantar Wart treatment is available by appointment at many Appletree Medical Centres.



### During the Appointment

You will be assessed by the physician, and treated by a trained technician. Plantar warts usually resolve in 6-12 sessions. Plantar wart treatment is covered by OHIP.



### After Your Appointment

We will provide you with online access to all of your medical results and reports through your secure and confidential Patient Portal.

## Treat Your Plantar Warts



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