

Plantar Warts

Plantar warts are found on the sole of the foot and are frequently painful. These growths are caused by a virus and are contagious at least as long as the wart is visible. Warts are usually spread by direct contact. Contaminated floors are frequently the source of infection.

Prevention

- Wear clean shower shoes.
- Scrub out showers, pool decks and locker rooms with hot, soapy water frequently.
- Wash and dry feet after activities involving bare feet, such as exercising, showering or swimming.
- Wear proper fitting shoes that allow air to circulate and keep the feet dry.
- Wear only your own shoes and socks.

Common Symptoms

- Small, fleshy, grainy bumps on the soles of your feet.
- Hard, flat growths with a rough surface and well-defined boundaries.
- Gray or brown lumps with one or more black pinpoints, which are actually small, clotted blood vessels, not “wart seeds”.
- Bumps that interrupt the normal lines and ridges in the skin of your feet.

Plantar warts should receive medical attention. They may recur.

Source: Oakland County Health Division, 9/06



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