

Warts?

Warts can arise on any part of the body, but are often found on the hands and feet. Plantar warts are those found on the bottom of the foot and are usually more difficult to treat.

Office visits for a wart removal are considered a surgical procedure (regardless of whether a scalpel, liquid nitrogen, or a chemical is used to destroy the wart). Unlike other routine sick visits, insurance policies may not cover or pay for wart removal procedures. This could result in unexpected “out-of-pocket” costs for the family. We strongly recommend that each family consult their plan's benefit before making a "wart removal" visit.

If the parent/patient is confident that the “bump” is a wart, then the clinic recommends a first try of “Home Therapy” (see below). If you are not sure about what “the bump” *may be*, we recommend a brief visit with your provider to clarify the best plan.

Any wart treatment, *either* at home or in the office, may not be successful with only one attempt. Treatment may need to be repeated, if *the* wart recurs. Rarely, the treatment may lead to infection or scarring. Care should be taken to watch for *signs of infection* (increasing/streaking redness, unexplained tenderness, or pus). Treatment of warts near the nail bed of a finger or toe, may permanently damage the underlying tissue and lead to irregularly formed finger or toe nails.

Home therapy: This involves a nightly treatment of the wart with an over-the-counter (OTC) wart compound and covering it with duct tape. This should be done consistently for up to *two* months. Occasional sanding/buffing of the wart with an emery board can make the treatment more effective. Similarly, OTC freezing kits could be used per the package instructions, but may only be effective for smaller, superficial warts. Another “home treatment” that may be helpful is requesting a prescription for “Wart Lotion/Cream” from your provider. This needs to be filled at particular pharmacies. This treatment is done nightly for five to seven nights. Your provider can review with you the plan and what to expect.