

## FOOT SURGERY FOR WARTS

---

Warts are caused by a virus and they can recur. An individual who has a wart may develop additional warts. Plantar warts are often mistaken for corns or callouses on the sole of the foot. Plantar refers to the bottom of the foot, where they are usually seen, although they can also occur on the toes. Plantar warts have a spongy appearance with little black, brown, or red spots that are blood vessels feeding them. The lesions are circumscribed, which means you may be able to notice a light ring around each growth separating it from the surrounding skin.

There are many ways to treat these benign (non cancerous) skin lesions. There is no best way. There is no quick way. Each method of treatment has advantages and disadvantages. Your doctor will recommend the type of treatment that in his opinion is best for you. Sometimes it becomes necessary to use a combination of treatments. It all depends on how your warts respond to your doctor's therapy. The most difficult wart to treat is a resistant type which occurs in a pattern of groups or clusters. These are known as mosaic warts.

## CHEMICAL REMOVAL

---

Relatively strong solutions and ointments of acids and caustics are carefully used to destroy the warts. These chemicals can be used singly or in combination. The wart is often not completely destroyed in one treatment. Usually a series of treatments are needed, which may extend over

a period of 8-10 weeks or even longer, but may take as little as one. However, there is very little post operative care needed after the wart is removed.

During this series of treatment the medicines that are used on your feet may cause a reaction in the form of swelling and a throbbing pain. The patient should not become alarmed if this reaction takes place. It indicates that the medicine is destroying the growth. That is your doctor's main objective in this treatment program and naturally, when tissue is destroyed, a certain amount of pain usually accompanies it. If you have a reaction such as drainage, pain or swelling, please call your doctor's office for advice.

## SURGICAL CURETTAGE

---

A special small surgical instrument called a "curette" is used to scoop or shell out each wart. This blunt instrument separates the wart tissue from the healthy tissue surrounding it. The base or bottom of the lesion may also be cauterized electronically or chemically to discourage re growth. With the electrical method, called electrodesiccation, a needle and handle attached to an electrical instrument and held with a pencil-like grip by the operator is used.

## SURGICAL GALVANISM

---

A low voltage electrical instrument is used which employs the negative galvanic surgical current. Surgical galvanism, or electrolysis, is the use of galvanic low voltage current for the destruction of tissue through caustic chemical reaction. This process results in removal of the growth without hemorrhage. The cosmetic effects

are very satisfactory, because there is no pitting or scarring and the tissue of the site usually returns to normal.

## LASER SURGERY

---

Use of this special high frequency laser light is one of the newest methods of surgical treatment. The laser destroys the wart. This beam of light destroys cells by vaporizing the moisture within them. Usually the growth is also removed first with the curette instrument previously described. Post operatively, bleeding or pain and scarring is less likely. This procedure is performed with the use of a local anesthetic. Ambulation is usually permitted immediately after surgery.

## CRYOSURGERY

---

Intense cold has been effective in the treatment of warts. Liquid nitrogen and carbon dioxide are most commonly used to freeze the wart and destroy the lesion. A carbon dioxide pencil is prepared in a small instrument. A painful blister may develop following treatment. This is removed in approximately 10-14 days.



**Bits, Bytes & Chips**

123 Main Street, Suite 100  
Any City, State 12345-6789  
Phone (123) 456-7890  
Fax (123) 456-7890

---

BITS, BYTES & CHIPS

CUSTOMIZED TURNKEY  
TRAINING COURSEWARE

---

*Future Solutions Now*



## TRADITIONAL SURGERY

In this method, two small semi-elliptical incisions are made surrounding the wart. The skin and wart are then removed. The edges of the skin are then brought together with an appropriate number of skin stitches. If this is done on a weight bearing area of the foot, a painful scar may occur. Your doctor will exercise careful judgment to avoid a scar, wherever possible, on the weight bearing surface of the foot. If this approach cannot be used, then he may ask you to use crutches for 2 to 3 weeks to allow the incision to heal satisfactorily without weight bearing in order to avoid, as much as possible, any thick or painful scarring.

## ANESTHESIA

Before any of the surgical procedures described in this pamphlet, with the exception of the chemical removal, are done, an injection of a local anesthetic into a soft part of the foot near the wart is usually used. This may cause a slight, brief sting, and numbs only the involved part of the foot, making the procedure painless. This is called local anesthetic.

## POST OPERATIVE CONSIDERATIONS

There is usually a little or no pain following foot surgery for warts. If you do have pain, the following should be of help

1. Apply an ice pack for approximately 15-20 minutes per hour. An ice pack can be prepared by placing chipped ice or a few ice cubes into a plastic bag.
2. Elevate the involved foot on two pillows, with knees slightly bent.

3. You may pursue normal activities right after surgery. Do not engage in strenuous physical activity or extensive standing or walking until you return to your doctor's office for a checkup.

4. Do not remove the foot bandage. Keep the bandage clean and dry.

5. Take any medication prescribed or recommended by your doctor as directed.

6. Wear the shoe dispensed or prescribed by your doctor.

7. Call your doctor if you have pain not relieved by medication, or any other concern.

Additional Instructions \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

## CONCLUSION

There may be additional methods of treatment for this common foot problem. Sometimes vitamins and skin creams or liquids are utilized. Your doctor will discuss this with you. Each doctor develops a favorite treatment, and probably has the best percentage of results with that approach. Complete cooperation between you and your doctor is essential for a satisfactory result.

**NAME OF PATIENT:** \_\_\_\_\_

**SURGERY:** \_\_\_\_\_

**DATE:** \_\_\_\_\_ **TIME:** \_\_\_\_\_

**PLACE:** \_\_\_\_\_

\_\_\_\_\_ Hospital \_\_\_\_\_

\_\_\_\_\_ Surgicenter \_\_\_\_\_

\_\_\_\_\_ Office \_\_\_\_\_

\_\_\_\_\_ Other \_\_\_\_\_

### PREADMISSION TESTING:

Date: \_\_\_\_\_

Place: \_\_\_\_\_

Time: \_\_\_\_\_

### SURGICAL PROCEDURE(S):

\_\_\_\_\_

### INSTRUCTIONS:

Preoperative:

\_\_\_\_\_  
\_\_\_\_\_

Postoperative:

\_\_\_\_\_  
\_\_\_\_\_

### ANESTHESIA:

\_\_\_\_\_

**SIGNATURE OF PATIENT: (Parent or guardian for minor)**

\_\_\_\_\_

**SIGNATURE OF DOCTOR:**

\_\_\_\_\_

