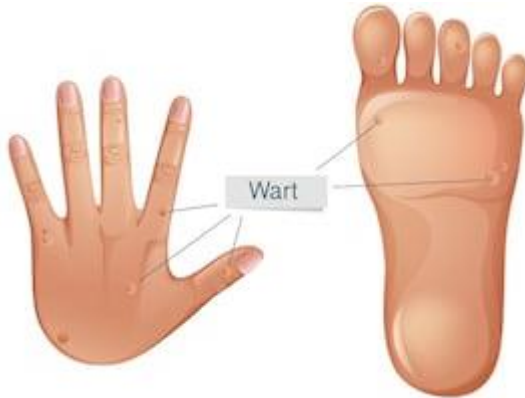




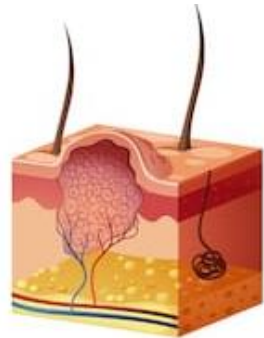
مدينة الملك فهد الطبية
King Fahad Medical City



Warts

What are warts?

Warts are small, raised skin growths with uneven surface of gray, brown or of the same skin color that may sometimes have little black dots, caused by an infection called [human papilloma virus](#).



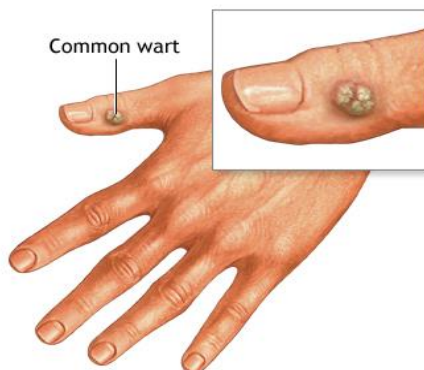
How can warts spread?

Warts can spread from a person to another by touching the wart from someone's body or by contact of something that touched the wart, such as towel.

Some types of warts are spread through sex. Each person's body responds differently to the virus so not everyone who comes in contact with the warts can get it.

Different types of warts include:

- **Common warts** are usually present on the hands and sometimes may have black dots.



- **Plantar warts** appear on the soles of the feet and can be very painful.



- **Flat warts** are most often found on the children's face and forehead. Men tend to have these in the beard area while women usually get them on their legs.

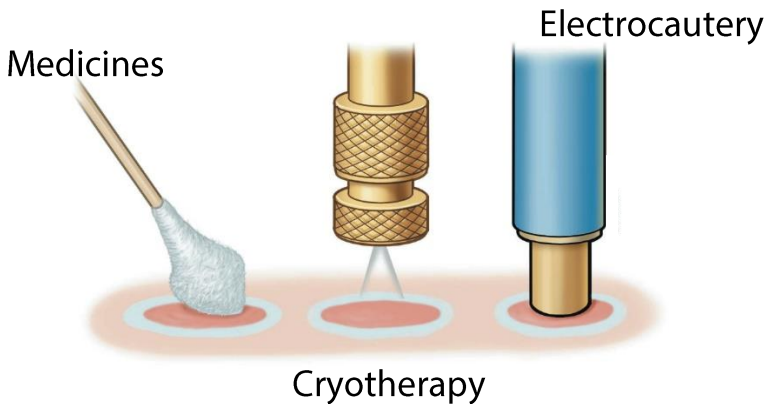


- **Genital warts** are sexually transmitted, develop on the private parts or in the area between the thighs.
- **Filiform warts** look like threads and spiky, sometimes like tiny brushes that grow on the face (around your mouth, eyes, nose)

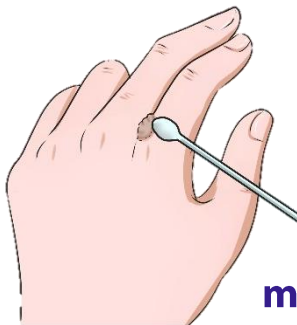


How to treat warts?

- It is best to see a doctor to examine your skin problem, especially if you are not sure of the type of skin growth and if it causes pain.
- Use only the prescribed over the counter warts removal.
- Doctors may recommend further treatments like freezing (cryotherapy), burning (electrocautery) or excision if your warts do not go away.



- Do not attempt to remove a wart yourself by burning, cutting, tearing, picking, etc.
- Do not apply over-the-counter wart medicines on sensitive areas like face or genitals without doctor's advice.



How to use wart removal medicine at home?

- Soak the wart in warm water for 10 to 15 minutes to soften the area or, damp skin after bath or shower may do.

- File the wart using a nail file or emery board to remove dead tissue. Make sure to stop filing if any discomfort is felt.
- Apply the medicine on the wart according to the doctor's instruction or direction in the package label.
- Cover the wart with a bandage or gauze.
- It may take several weeks or months for the wart to fall off. Stop using the medication if the skin gets irritated, swollen or in pain.

Tips on how to relieve pressure pain on plantar wart

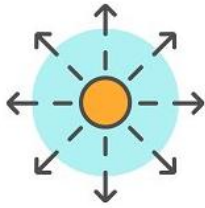
Wear foot cushion inside your shoes.

Wear socks.

Use comfortable shoes with enough space.

Avoid high heels and hard, tight fitted shoes.





Tips on how to prevent warts from spreading

- Do not pick or scratch your wart.
- Do not touch a wart of another person.
- Wash your hands very well if you have touched a wart.
- Avoid using items like towels, shoes, razor, nail clippers that have touched a wart.
- Wash or clean the items that you used so that you won't spread the virus to other parts of your body.
- Wear flip-flops in public showers, locker rooms or public pools.

- Use of condoms to reduce transmission of genital warts.
- Keep your feet dry.

لأن الوعي وقاية ..

إدارة التمريض الصحي

Outpatient Nursing Department



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