

What is it?

Warts and plantar warts (verruucas) are small, hard lumps on the skin. They are caused by a virus. Warts often appear on the feet, hands and face, though they can appear elsewhere on the body. They spread through skin-to-skin contact.

They are common in children and teens, and also occur in people with suppressed immune systems. Warts can go away by themselves, though sometimes this can take months or years. They are not harmful.

What will my GP do now?

Your GP will talk with you about treatment options. Your treatment options will include:

- **Do nothing:** Warts can clear on their own within two years
- **Gel, cream or liquid:** Apply to the wart as often as your GP recommends, it can take many months to work
- **Freezing:** Your GP will do this weekly until the wart is gone, this can be painful

Your GP will also give you advice about preventing more warts, or stopping your warts from spreading on your skin or to others.

What will my GP do in the future?

If you treat the warts, your GP will see you for a follow-up. Your GP may refer you to a podiatrist if your warts aren't getting better.

What questions could I ask my doctor?

- Are warts dangerous?
- Do warts go away on their own?
- What is the best treatment option for me?



What can I do?

To stop the warts from spreading you should not pick, scratch or bite your wart.

Don't share a towel, clothing or tools with another person. Wash your hands straight away if they touch the wart.

Cover your wart if you go swimming or use a public shower.

What supports are available?

Your GP can refer you to a podiatrist if you need a different treatment plan for your warts or plantar warts.

Where can I learn more?

- **Patient.info** – Warts and verrucas: [patient.info](https://www.patient.info)
- **Better Health Channel** – Warts: [betterhealth.vic.gov.au](https://www.betterhealth.vic.gov.au)