



# How to Say Goodbye to Warts for Good

Without Burning, Cutting, Freezing, or Surgery



— NORTHEAST —  
**Foot and Ankle**

# INTRODUCTION

In this eBook we'll be examining plantar warts and how you can move on from troublesome, persistent verruca for good.

After treating feet, stubborn warts, and the pain accompanying them, we've learned a few things that can benefit you..

With this ebook, our goal is to get you back in the shoes you want to wear and back to doing the things you love to do without that pesky, painful wart tagging alone.

**Northeast Foot and Ankle**

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# ABOUT PLANTAR WARTS

Plantar warts, also called “verruca,” are pesky, persistent, and sometimes painful. They’re also very difficult to treat.

Plantar warts are common lesions on the bottom of your foot and your toes. They’re called “plantar” warts because plantar means the bottom surface of your foot.

The challenge is just how long you can wait before your single wart becomes a problem, as they’re quite contagious and can spread to other parts of your foot or other people. Inaction isn’t a great strategy as you’re only sitting on (actually... standing on) a time bomb that will spread.

**Plantar warts should always be treated.**

A variety of factors, including activities (kids) and weakened immune systems (older adults), can make you more susceptible to warts... as well as simply being barefoot in public.

A plantar wart itself is a small grainy lesion that forms on the bottom of your foot, on your toe, or between your toes. A callus often forms over the wart. That happens because of the extra pressure that the wart causes. The pressure allows that callus to form.

If you look hard at a wart, you'll notice small pinpoint black specks within it. Those are blood vessels that feed the wart called capillaries. You may notice pain or tenderness in the area of the wart when you're standing or when you're walking.





# THE SCIENCE BEHIND YOUR WARTS

If you remember your 7th-grade science class, bacteria can be combated with antibiotics and medicine, while to defeat viruses, your immune system needs to fight them off.

You can jumpstart your immune system with a vaccine (e.g., flu vaccines), but ultimately to defeat a virus, your body's immune system needs to do the work and be the victor. With this virus, you treat the wart, a symptom and a manifestation of the virus that contains some virus tissue within it.

A verruca/wart is a symptom caused by the Human Papilloma Virus (HPV). Short term, a wart is a symptom resulting from HPV that needs to be treated. Long term, the only way to prevent warts from recurring is for the body to develop immunity to the HPV.

**The skin on the bottom of your feet is five times the thickness of your body, making detection for your immune system all the more difficult.** This explains why verruca, plantar warts, are so persistent and stubborn. Your body can't fight what it can't see.

Historically, the nature of plantar warts being hard for your body to detect has resulted in more destructive treatment options like the freezing of warts for removal. While this may temporarily eradicate the wart (short-term success), you haven't addressed the root of the verruca problem, the HPV virus, resulting in long-term problems as warts come back over and over again, creating a game of "whack a mole" on your feet.

**As for removal and treatment, verruca removal does not have to be a painful experience, and we offer microwave therapy to stimulate your immune system and eradicate it by far the best choice of treatment.**



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# TRADITIONAL TREATMENTS

## Freezing / Cryotherapy

Liquid nitrogen applied to plantar warts to freeze the virus. This technique is painful and success rates are spotty, given the skin thickness on the sole. Eradication of warts is no more frequent than painful blisters that can result from the technique.

## Chemicals

Toxic chemicals applied to the verruca to (hopefully) burn away the wart. Side effects of this painful treatment include dressings for the wound a need to keep the area dry. Showering becomes an adventure and you must stay away from pools.

## Surgery

Surgical removal of verruca in the past is a "last resort." Side effects include a lot of downtime off your foot and scarring that could be more troublesome than warts. To be effective, surgery needs to cut out not just to the wart tissue, but all the way into the dermis of the skin.





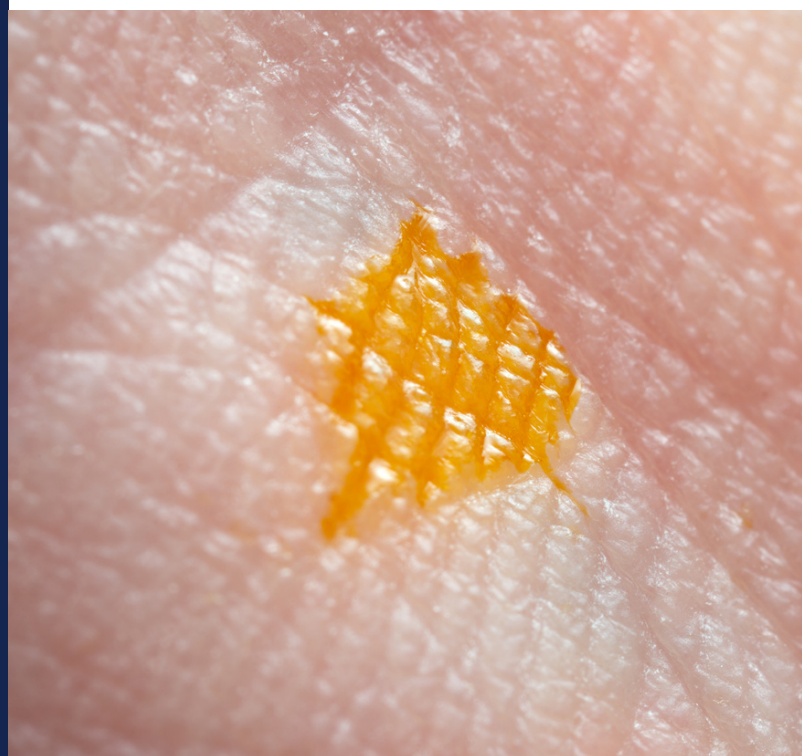
## OTC Products

There are a myriad of over-the-counter products you can pick up from your local pharmacy. Unfortunately, these products are most effective at causing further injury around the verruca rather than alleviating the verruca to any measurable extent. They can also damage warts versus eradicating them, leading to spread.



## Cantharidin

Originally the extract of a blood beetle (yeah... gross), a small amount of this medication on the wart will cause a large painful blister that lasts about a week. The blister puts pressure back on the wart's blood vessels, causing them to shut down. It does work most of the time, but it's painful.



## Laser

Some clinics use a laser to target the tiny blood vessels of the wart to shut them down. This painful procedure needs to occur multiple times, every two to three weeks. Besides the pain, this can cause scarring that is more bothersome than the wart(s).



# Unfortunately, OTC treatments are not reliably effective.

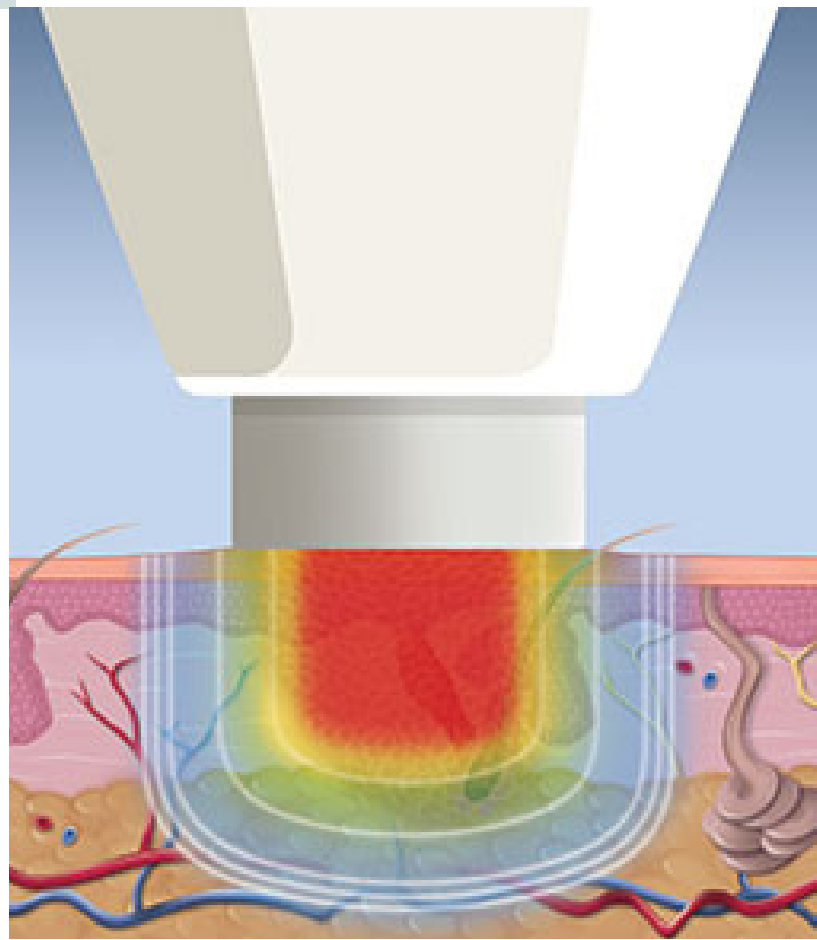
## A NEW WAY TO TACKLE WARTS

We offer a new treatment system for warts in our office that utilizes microwave technology. A low-dose microwave “zap” to your wart(s) uncovers stealthy HPV for your body’s immune systems so it can see and fight the wart-causing virus.



It usually takes about three treatments for the wart to be gone, without any of the common side effects from more destructive, less effective wart treatments:

- No scalpels, no cutting
- No needles
- No chemicals and accompanying burning and scarring
- No bandages and dressings
- No activity hiatus required





# HOW SWIFT WORKS

Traditional wart treatments target warts that result from one of more than 200 HPV viruses. Swift is different as it targets the HPV viral source, tags and reveals the virus to your immune system, and stimulates permanent healing.

The microwave technology delivered by the Swift system reveals the hard-to-detect HPV virus to your immune system allowing your body to start fighting the HPV virus and its accompanying warts instantly after treatments.

In each session, our team applies the Swift microwave wand to your affected tissue five times for 2 seconds each, delivering 8-10 watts each. Once complete, you are free to lead your life, pain-free.

To eradicate the HPV virus and prevent wart recurrence, the Swift system takes 2-3 sessions, depending on how severe your warts are, followed by a final visit two to three months after the last session to ensure that no more treatments are needed.

Swift's microwave applications generate a genuine immune reaction.

**Before/After Patient 1:**



**Before/After Patient 1:**



Unlike traditional methods that see a 50% recurrence, Swift stops the recurrence of warts because it helps stimulate and create HPV immunity. Studies show less than a 1% recurrence of warts for patients who use the Swift technique.





## THANK YOU. NOW WHAT?

Thanks for taking the time to read this download and read this eBook. We hope it provided value to help you understand the cause of, and treatments for, your plantar warts. If you have questions about your individual case, please feel free to reach out.

### **Schedule an Appointment with us! Visit:**

[northeastfoot.com/plantar-wart-removal-lp/](https://northeastfoot.com/plantar-wart-removal-lp/)

## CONTACT

Text or call [603-431-6070](tel:603-431-6070) or visit us online at <https://northeastfoot.com>.

Sincerely,  
The Doctors and Staff at Northeast  
Foot and Ankle

