

## How do I treat a verruca?

Our treatments work in three ways:

### Immune response:

If your verruca is painless we would advise that you leave it be, this is particularly useful in children as their immune systems are normally very proficient at noticing the virus and fighting it off. You often find in children that allowing their own immune systems to fight off the virus often means the verrucae can't return as the child is then immune against the virus.

We offer a treatment called verruca needling which involves pricking the verruca with a sterile needle many times under local anaesthetic in an attempt to stimulate an immune response. This is not suitable for under 16's and can be sore for a few days afterwards. This will hopefully trigger the normal immune response so your body eliminates the verruca and you become immune to further infections.

### Destruction of verruca:

These are treatments that all aim to damage and break down the skin surrounding the virus. We offer silver nitrate, salicylic acid and liquid nitrogen in clinic. All of these treatments can be very painful during and after treatment. Multiple treatments may be required. Liquid nitrogen is not advised for under 13 year olds. We also have a new treatment called Verrutop® which dehydrates the virus. You can read more about this in our Verrutop® leaflet.

### Antivirals:

Wartiox is a great treatment option (especially for children) as it is completely painless and uses natural anti-viral ingredients. You can purchase this from us here.

***It is important to remember that is currently not a guaranteed treatment for getting rid of verrucae.***

## What is a Podiatrist?

A Podiatrist / Chiropodist is a person who is specialized in the lower limb. They are trained to recognize and treat conditions relating to the lower limb. Both titles are now "protected" by the health care professions council (HCPC).

**WARNING:** Foot Health Practitioners are not Podiatrists / Chiropodists and are not regulated by the HCPC.



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## Verrucae

## What is a verruca?

Verrucae are plantar warts that commonly occur on the soles of the feet or around the toe area. They are caused by the Human Papilloma Virus (HPV). This is the same virus that can cause warts on hands and fingers.

Sometimes they can be on their own or sometimes they can form a cluster.



## What do verruca look like?

The most common appearance of a verruca is that of a small cauliflower-type growth on the soles of your feet. The small black dots you may see are actually tiny blood vessels that the virus have hardened.



## How do I know if I have a verruca?

Generally if you have an area that appears as described above and is more painful when pinched or squeezed rather than when pressure is applied you may have a verruca.

Corns and verrucae are very commonly mistaken for each other as when there is a build up of hard skin over the top they can appear the same.

If you are ever unsure you can book in with one of our Podiatrists who can advise you. Do not be tempted to self-treat as this could cause damage to the surrounding healthy skin.

## How did I get a verruca?

The HPV virus that causes verrucae actually live on all surfaces but are thought to thrive in moist, damp environments such as swimming pools, changing room floors and communal shower areas.

These sort of surfaces also tend to “rough up” the outer surface of our skin causing tiny abrasions and allowing an entry point for the virus.

## How do I prevent verruca?

As the virus can be spread from direct contact it is important to make sure you are not sharing towels, shoes and socks. Wearing flip-flops in communal areas is a good way of helping you not to don't pick up verrucae/ pass them on.



Keeping your skin dry if you have clammy skin can help reduce the chance of getting verrucae.

## Should I avoid swimming if I have a verruca?

As the virus lives on every surface there is no need to avoid swimming as the virus is already there.

## Can verruca go away on their own?

As a verruca is caused by a virus it is possible for your immune system to detect it, fight it off and clear it without any treatment.

Often verruca will go away on their own without any treatment. Then you can become immune to the virus and not get anymore.