

VERRUCA DRY NEEDLING

PATIENT ADVICE SHEET

You have undergone a procedure known as dry needling, the purpose of this procedure is to treat your verruca. The procedure involves puncturing the skin in the area of the verruca (around 100 times to a depth of around 7mm) in order to provoke an immune response to heal the verruca. The treatment will cause some bleeding but this should be neither excessive nor prolonged.

However, potential problems may include continued bleeding, pain, recurrence of the verruca or other infections, all of these complications are rare though.

You have also been given a local anaesthetic injection to reduce the pain of the procedure and provide postoperative pain relief. The duration of the anaesthesia varies depending on the anaesthetic used, the volume used and the location. If the numbness lasts a bit longer than you expect don't worry, regard it as a bonus, the sensation will return. When the anaesthetic wears off it is rare for the site to be particularly painful although some discomfort is to be expected. Most patients report it as feeling mild to moderately sore or bruised. This usually passes within a few days.

You will have a large postoperative dressing. Leave this on for 24 hours then remove it and wash the foot in a clean bowl with warm, soapy water. You can just put a simple dressing on after that until you return for your 1st review appointment. If the wound bleeds excessively or for a prolonged period follow the contact procedure below. The wound will normally form a scab, this will be dark brown or black in colour. It is supposed to do this, so don't worry about it.

Keep activity to an absolute minimum for the remainder of the day of the procedure. Sit with your foot raised as much as possible. This will reduce the chances of bleeding, pain and swelling. The following day start to reintroduce normal activity within the limits of your discomfort.

If you have any concerns following the procedure please contact:

A&APODIATRISTS 01923 856 235 or
Michael Abrahams 07957 408 332

Such concerns would include continued bleeding, the area of the verruca or foot becoming hot, red, swollen and increasingly painful with malodorous discharge. However, it should be remembered that problems following this procedure are rare. Studies into the success rates in healing of verrucae with this procedure report a success rate of 65-90%, which is comparable to or in excess of other recognised treatments for this condition.