



WHAT IS A VERRUCA?

A verruca is the same as a wart. They are caused by a harmless infection of a strain of the human papilloma virus. A verruca is generally under the skin of the foot, whereas a wart sticks out from it and is commonly on the hand. The pressure from walking can create the build-up of hard skin around the verruca and can become uncomfortable.

CAUSES

Contact with virally-infected skin scales, commonly from shared changing rooms is the most likely cause. Despite what many believe, the infection is not highly contagious and it is not known why some people contract the infection. Tiny breaks in the skin allow the virus to enter and swimming and contact sports are more likely to allow this. In addition, many people (children especially) are not meticulous about drying their feet before putting socks and shoes on and this moistness makes infection easier.

SPOTTING A VERRUCA

A raised area of the skin, often with little circles and a disruption to the skin lines is common. Many see small black dots caused by blood vessels pulled into the tissue. Commonly they can have a yellow halo caused by skin build up. A mosaic form can result in clusters over areas of the foot.

TREATMENT

Verrucae and warts can be cured but there is no single effective treatment for all cases.

Sometimes it may be best to leave the wart alone and 60% may spontaneously resolve within 6 months in children or 2 years for adults. When the verruca is tiny and not causing any problems at all then this may be best.

When active treatment is undertaken, treatments are usually 'destructive'. They will attack the skin and verruca. The table illustrates the most common treatment scenarios. When the verruca has gone, there will be nothing more to see and the skin lines return to normal.

If you are diabetic, have circulation problems, eyesight or mobility difficulties or conditions and medication affecting your immune system then the treatment plan would be modified accordingly. It is advisable not to self-treat in these circumstances.

Your treatment ticked here:	Treatment Method	Salicylic Acid & Plaster	Monochloroacetic Acid	Pyrogalllic Acid	Freezing	Surgical
What we do	60% salicylic acid (Bazuka is 15%) applied with a plaster to protect skin.	These are added to the salicylic acid or used with silver nitrate.	40% pyrogalllic acid applied to verruca with a plaster and cover to protect.	Frozen to -60 degrees for 30-60 seconds 3-5 times.	Curettage – verruca scooped out. Dry Needling – area stimulated with needles to cause the immune system to fight infection.	
Advice	Keep Dry 2-4 days. Remove after a week.	Keep dry 2 days. If not sore remove after a week.	Keep dry 2-3 days. Remove after a week. Do NOT walk barefoot after removing plaster. Cover with a fresh plaster or wear socks/slippers to avoid black staining floor.	No specific requirements. Keep plaster on 2 days if comfortable.	Will take 1-4 weeks to heal. Dressings and padding provided to protect.	
What to expect	Area looks very white and with black or bruised areas.	Area looks white or bruised but can go yellow and thick yellow discharge comes out.	Area goes very black/brown and forms a scab.	Area may blister and scab away.	If cut out then a shallow hole will fill in as it heals. If needled then scab will drop off.	
What if there is a problem	If sore remove plaster, bathe salt water.	Is usually sore after 1-2 days but feels better after 2 days. Remove and bathe in salt water. Return if still sore after a week.	Remove plaster. Usually only reacts when used 4-5 times in close succession.	Occasionally a blister can form which we can pop if needed.	Come back in and we will dress the area and protect.	
Typical treatment frequency	2 weeks	2-3 weeks	1-2 weeks	3-4 weeks	Leave at least 6-8 weeks to see how it heals.	
Average number of treatments	All dependent on size, number and duration of verruca.	2-4 treatments typical for children. 4-8 treatments for adults.			The aim is for this to work in a single treatment however effectiveness is 70%.	

You can find more information on our website: www.painfreefeet.co.uk

Our direct number is: **01923 856 235**

You can also email us, should you have any other questions: feet@painfreefeet.co.uk

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