

Welcome to Queensferry Podiatry

Established in 1999, we have been committed to a professional and friendly podiatry service for over 25 years.

Covering everything from nail problems, hard skin and corns to comprehensive diabetic foot care and check-ups, biomechanical assessments, orthotic fitting and nail surgery.

Kirsty and her associates are degree trained Podiatrists and are registered with the Health Care Professionals Council (HCPC) and members of the Royal College of Podiatrists.

Individual Advice:



Contact Information



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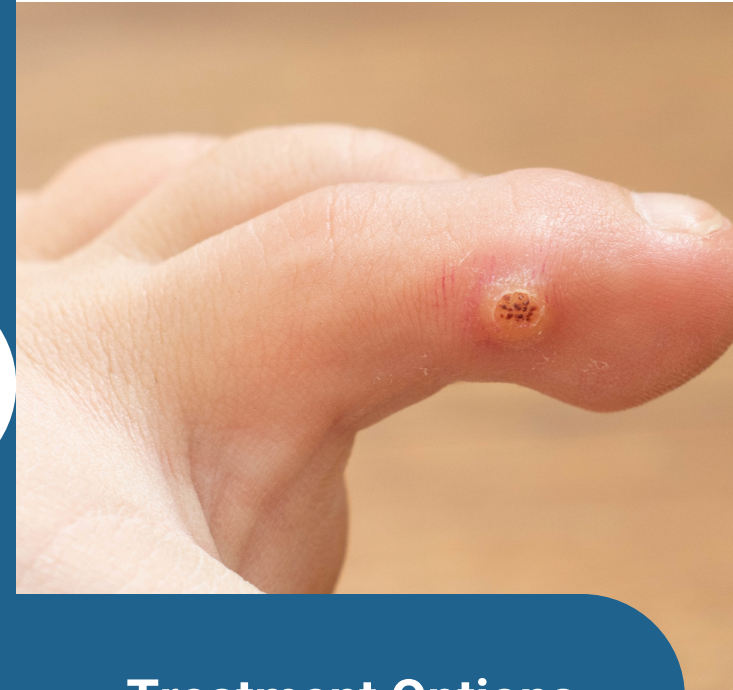
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Treatment Options

Verruca (Plantar Wart)

www.queensferrypodiatry.com

plantar wart



What are verrucae?

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), which is contagious through direct person-to-person contact. There are various forms of HPV, which all relate to various parts of the human body. Verrucae are harmless but can be uncomfortable.

What causes Verrucae?

The HPV virus is thought to thrive in moist, damp environments such as swimming pools, changing room floors and communal shower areas. It is possible to contract verrucae simply by walking across the same floor area as someone with a verruca, especially if you have any small or invisible cuts or abrasions that make it easier for the virus to penetrate.

If you have diabetes or poor circulation, are pregnant or have any other condition affecting your feet (or your immune system), it is important never to treat a verruca yourself and instead visit a podiatrist.

Treatment Options

Time

Yes, eventually! Sometimes just making the area comfortable with regular debridement and offloading whilst waiting for the inevitable immune response to kick in, is all the treatment necessary. Leaving them alone, if they are not bothersome, is allowed! In some people (especially young children) verrucae self-resolve in 6-24 months. In adults, they can last a lot longer, sometimes years to decades.

Taping (Occlusive Method)

Using Zinc Oxide tape to cover the verruca keeps the moisture in the skin and is a non evasive home treatment. This method keeps the overgrown verruca tissue soft and more comfortable to walk on. This is especially good option for children. We can show you how to carry out this technique.

Over-the-Counter Treatments

Most pharmacy treatments have to be used for several months and there's not always a guarantee that they'll work. Rub the verruca with an emery board or pumice stone which will remove the hardest skin and allow the treatment to penetrate more deeply. Use a salicylic acid- based gel e.g. Bazuka (26% salicylic acid) or Verrugon (50% salicylic acid).

Strong Acids (Salicylic Acid 75%)

Caustic (acid) treatments can be used if the verruca is painful. It causes a controlled chemical burn to the verruca tissue leading to an inflammatory response by the body to eliminate the infection.

This requires repeated weekly appointments and keeping a felt pad on the foot in place and dry in-between treatments. This can be difficult for showering, quite inconvenient, as well as costly over time.

Cryotherapy

This option involves freezing the verruca with liquid nitrogen. Please note we do not offer this service (like the NHS). The NICE guidelines suggest the data does not show it to be sufficiently effective (under 45-50%), it can be painful and expensive.

SWIFT treatment

This new microwave technology uses microwave energy delivered through a special probe applied to the skin to treat the affected tissue. Please ask for details where we can refer you for this treatment.

www.treatwithswift.com

To reduce the chance of passing on warts to others:

- don't share towels, socks or shoes
- wear flip flops in communal areas
- use a verruca sock, if swimming