

Our highly skilled podiatrists

are registered with the Health Care Professionals Council (HCPC) and members of the College of Podiatrists. The practice is accredited by the College of Podiatrists (CoP).

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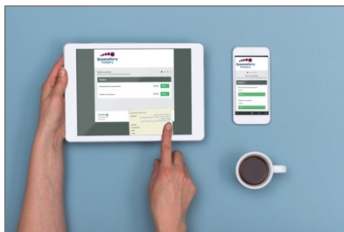
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www.queensferrypodiatry.com



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Professional and caring podiatrists

Verruca



Treatment Advice

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What is a verruca?

A verruca (also called a plantar wart) is a common, viral skin infection of the outer layer of the skin, caused by the human papilloma virus (HPV).

They are the same as warts on any other part of the body. However, they may look flatter, as they tend to get trodden in. They appear as tiny black dots under hard skin and do not cause any harm, but some people find them itchy, painful or embarrassing.

Treatment - Time

Yes, eventually! Time is one of the best tinctures when it comes to a verruca. *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.

Hard skin can develop over the verruca and become uncomfortable. Podiatrists can remove this by scalpel to improve comfort.

Other Treatments

Cryotherapy

Attend a Podiatrist for cryotherapy treatment, usually using liquid nitrogen. NICE guidelines mean that the NHS no longer offers this treatment as the data does not show it to be sufficiently effective (under 45-50%).

Are they contagious?

Yes, however you need close skin to skin contact to pass the virus on directly. You are more at risk of being infected if your skin is damaged or if it wet and macerated, and in contact with roughened surfaces e.g. swimming pools. You can also spread the virus to other parts of your body, like your fingers. If you have a poor immune system you can get lots of warts which may be difficult to clear.

To reduce the chance of passing on warts to others:

- don't share towels
- cover them with a waterproof plaster if swimming
- wear flip flops in communal areas.

Treatment - Taping

Using this technique keeps the moisture in the skin by covering the verruca. Make sure you use a hypoallergenic tape (e.g. zinc oxide), not Duct tape, which is industrial and NOT designed or tested for skin use. Keeping the moisture in keeps the overgrown verruca tissue soft and more comfortable to walk on.

Home Treatments

Use a salicylic acid- based gel e.g. Bazooka (26% salicylic acid) or Verrugon (50% salicylic).

Treatment – Strong Acids

Attend a Podiatrist for higher concentrations of salicylic acid ointments (75%). This requires repeated weekly appointments and keeping the 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.



Needling

This procedure is carried out painlessly, under local anaesthetic which is used to numb the affected area. A needle is used to cause repeated trauma to the verruca. The aim of this is to implant the virally infected cells deeper into the tissue where it is quickly detected by the immune system and an immune response is stimulated.

Swift Treatment

This new microwave technology creates a 'heat shock' in the skin to 'de-cloak' the viral defence chemicals and enable the immune system to attack on the viral particles. Please ask for details where this procedure can be carried out.

Surgical Excision

This is usually done by a podiatric surgeon or dermatologist and is a last resort for stubborn painful verrucae.