

# VERRUCAE

Verrucae are warts, usually found on the sole of the foot, although they can appear around the toes.

Verrucae are caused by the papilloma virus, of which there are many strains and are also responsible for warts on other parts of the body. The virus is contagious and seems to thrive in damp conditions-such as areas surrounding swimming pools, showers and bathroom floors. It can only be caught by direct contact with the virus, by walking on wet surfaces or by using wet towels.

Cuts and foot abrasions can increase the risk of picking up a verruca.

## VERRUCAE THE FACTS

### WHAT TO LOOK FOR.

Verrucae usually appear as a pink area speckled with black dots. Then they become browner in colour with a rough crumbly surface, sometimes covered by a layer of hard skin. Verrucae may be tiny or as much as 1½" across (the mosaic type tend to be large) There may be one or many verrucae, spread around the foot, or in irregularly shaped groups.

Verrucae are easily confused with corns and calluses, but are, in fact, quite different.

Warts are usually more painful when pinched as opposed to direct pressure, and may appear anywhere on the foot. Whereas corns and calluses are more likely on weight bearing areas and areas of friction.

### WHO IS MOST AT RISK.

Verrucae mostly affect children and young adults, probably because they are more likely than most to use communal showers and pools, and their immune system has not fully developed. People taking immunosuppressive drugs i.e. steroids are also vulnerable to this infection.

### WHAT TO DO

The body's natural immune system can often wipe out the verruca without any treatment. As a general rule if the verruca does not hurt and is not getting any bigger, it is best to leave well alone.

Treatments are varied and current research suggest varying levels of success with all treatments. Most treatments involve destruction of the tissue which can affect the surrounding skin and cause swelling and infection. So care is needed.

Our podiatrists may use strong acid ointments, cryotherapy (freezing), or Falkeners dry needling.

Bazuka, a home treatment, is popular but read the instructions before use and seek professional advice if needed particularly if you are diabetic, pregnant or taking long term medication such as steroids.

Alternative therapies include tea tree & lemon oil, homoeopathic thuja & marigold treatments.

### Cryotherapy

Uses a low temperature cryoalfa liquid freezing system encouraging the body to fight the virus triggering an immune response.

### Cryotherapy

The patented liquid freezing system with N2O gas can produce a temperature of -89 degrees centigrade at the probe in combination with the inbuilt filter which keeps the clinically sterile N2O gas free of pollution the low temperature allows for quick and effective cryotherapy enabling verruca cell destruction and an immune response.

Cryosurgery can feel uncomfortable at first, but is as a norm not painful, thanks to the numbing effects of cold. Immediately after having the podiatrist place the tip of the equipment against the skin, a feeling resembling that of placing an ice cube on the skin can be felt. Afterwards, a slightly burning feeling may be perceived as the skin warms up.

The healing period following cryosurgery is generally very short. In most cases, the patient will be able to perform day-to-day activities as well as swimming and bathing during the healing period. Cryosurgery causes none or very little scarring, although the area where treatment was performed may appear slightly brighter than the surrounding skin tissue.

Above text gives an overview of wart removal but is not valid for every individual case. Consult your podiatrist to determine whether or not cryosurgical treatment is appropriate for your case.



## PREVENTION

You can help prevent verrucae in the first place by washing your feet regularly, by taking sensible precautions in communal changing areas, such as not walking barefoot, and instead use flip flops, or a protective spray.

### Fees

|                               |        |
|-------------------------------|--------|
| Assessment                    | £36.50 |
| Cryotherapy treatment session | £40.00 |

### DISCLAIMER.

The information contained in this leaflet has been summarised and provides a broad consumer understanding and knowledge of foot health topics.

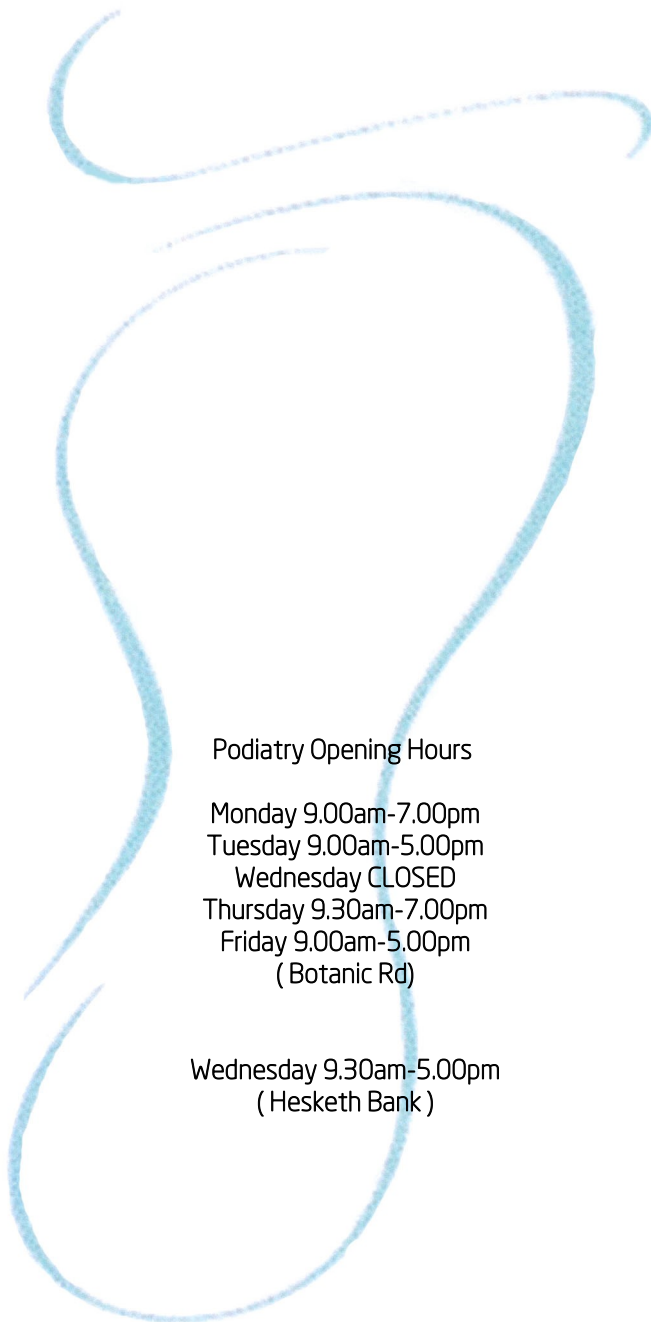
The information should not be considered complete and should not be used in place of a visit, call, consultation or advice of your HCPC Registered Chiropodist, Podiatrist, or G. P.

The information does not recommend the self management of foot health problems information obtained by reading

This leaflet is not exhaustive and does not cover all Diseases, Ailments, Physical conditions of their treatment.

Should you have any foot health care related questions please call or see your HCPC Registered Chiropodist / Podiatrist or G. P. or other health care provider promptly.

You should never disregard medical advice or delay seeking it because of something you have read.



### Podiatry Opening Hours

Monday 9.00am-7.00pm  
Tuesday 9.00am-5.00pm  
Wednesday CLOSED  
Thursday 9.30am-7.00pm  
Friday 9.00am-5.00pm  
( Botanic Rd)

Wednesday 9.30am-5.00pm  
( Hesketh Bank )

# VERRUCAE TREATMENT



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