



# Verrucae

## AND ALL YOU NEED TO KNOW

### WHAT IS A VERRUCA?

Verrucae are benign skin growths caused by the human papilloma virus (HPV), resulting in a small, rough lump under the foot with a "cauliflower" like appearance and small black dots.

Though harmless, verrucae can cause discomfort, pain and itching, or embarrassment due to the hard skin that can develop over them.

### HOW DO I TREAT A VERRUCA?

If you have a verruca, it may disappear on its own as your body's immune system will recognise and remove it. However, if it is painful or you do not wish to wait, there are various treatments that you can try. A podiatrist can suggest the most suitable treatment options. Unfortunately none of them guarantee a 100% success rate, but your podiatrist can suggest which is most likely to help you.

To learn more about our treatment options, turn the page. Our patient support team is ready to assist you, so call us on 01943 863 733 to schedule your consultation and treatment.





LFW Podiatry

# TREATMENT

## PALLIATIVE TREATMENT

This treatment aims to make walking more comfortable for those with verrucas. Hard skin is removed over the verruca to reduce pain and size. Bleeding may occur, which can activate the immune response and help cure the verruca. Regular debridement every 2-6 weeks is recommended to maintain comfort.

## TOPICAL TREATMENTS

(discuss treatment with podiatrist prior to application)

When it comes to treating verrucas, there are several topical treatments to choose from. Generally, these treatments require at-home application on a regular basis, with periodic check-ups at the clinic. During your consultation we will discuss all of your options and recommend the best course of action. We offer Salactol, a salicylic acid-based liquid that you apply daily at home. Studies have shown that it is approximately 30% effective, and it works best on shallow verrucas that are less than six months old. We will provide advice on how to apply the treatment for optimal results.

## VERRUTOP

For more persistent long-standing verrucae, we may suggest Verrutop treatment. Verrutop can only be administered in a clinical setting and we recommend a block of five treatments, one every two weeks. Alongside these visits, we will provide a daily treatment for you to use at home. Success rates range from 70-80% (for more established verrucae, additional applications may be needed. These can be added to your course as necessary). Your podiatrist will monitor your progress and advise accordingly.

## NEEDLING

For deep, stubborn verrucae, needling has been shown to be effective. The procedure is performed under local anaesthesia and involves breaking up the verruca to stimulate a powerful immune response that eliminates the virus. This has a success rate comparable to that of Verrutop.

