

Verrucae



What is a Verruca?

A verruca is usually found on the bottom of the foot and is a small skin lesion usually around 1cm in diameter. Usually associated with children, verrucae are also a common complaint amongst adults.

What causes them?

HPV causes verrucae and spreads through direct contact in warm, moist environments like swimming pools and bathrooms. The virus can be picked up from contaminated surfaces or infected towels, especially if there are cuts or abrasions on the skin.



What if I leave it untreated?

Most of the time verrucae will heal on their own if left alone however they can easily spread so if the verruca is touched or scratched a sufferer must wash their hands straight away or it can spread to other parts of the body.

Cryotherapy

This involves freezing warts with nitrous oxide gas. This often needs to be done 3 or 4 times before the verruca may be fully removed. However, it can lead to soreness and blistering in some people. It is not advised for children.

The treatment site usually blisters and may turn black. DO NOT pierce the blister.

The treatment site will probably be painful. Take your usual choice of painkiller, if necessary.

There is no need to apply a dressing to the treatment site.

Please keep your follow-up appointment.

Chemical Treatment

If your verruca has been treated with a chemical called Salicylic acid.

The desired effect is to produce local, controlled tissue breakdown.

Please leave the dressing in place for 5 days, and then remove and bathe in a salt water solution.

You can expect the skin to have become white and mushy in appearance.

Occasionally, blistering may also have occurred. These reactions are normal.

If you experience severe pain, and/or the skin becomes excessively red, remove the dressing then bathe your foot in salt water immediately and contact me on the practice number.

