

What can a podiatrist do?

As verrucae can often clear up without any treatment they are not usually treated by podiatry services unless they are particularly painful.

Over the counter treatments from the pharmacist are often recommended.

Treatments that are provided by Sheffield Podiatry Services include: applying medicaments containing salicylic acid or freezing with liquid nitrogen.

Treatment options depend on the type, size and site of the verruca and the medical history of the individual.

For further advice contact your Podiatrist.

CONTACT INFORMATION

Podiatry Services, Sheffield PCT,
Jordanthorpe Health Centre, 1 Dy-
che Close, Sheffield, S8 8DJ

Tel: 0114 2371182

Website: www.sheffield.nhs.uk/



PODIATRY SERVICES
SHEFFIELD
PRIMARY CARE TRUST

VERRUCA'S & WARTS



A PATIENT ADVICE LEAFLET



What is a verruca?

It is a wart that is usually found on the soles of the feet, though they can also appear around the toes. It may become rough and bumpy with a cauliflower-like appearance and may develop a black spot in the middle, which is caused by bleeding. A verruca can grow to half an inch in diameter and may spread in a cluster of small warts.

What causes them?

They are caused by the human papilloma virus (HPV) which is contagious, but can only be caught by direct contact. It thrives in warm, moist environments such as swimming pools, changing room floors and bathrooms.

Is it serious?

They are harmless, but occasionally they can cause a sharp, burning pain if they are on a weight-bearing area such as the ball or heel of the foot.

Who gets them?

They are common in children, but some people seem to be more susceptible to the virus, whereas others are immune.

What's the difference between a corn and a verruca?

A verruca is caused by a virus, whereas corns or calluses are simply layers of dead skin. Verrucae tend to be painful to pinch, but if you're unsure, your podiatrist will know.

What can I do?

Minimise the chances of catching a verruca by keeping your feet clean and dry, and covering up any cuts or scratches. Avoid walking bare-foot in communal showers or changing rooms (wear flip-flops) and don't share towels.

Warts often clear up on their own without any treatment but this could take up to two years.

Self treatments available

If you do not have diabetes or circulatory problems there are a number of over-the-counter treatments that can be used, ask your pharmacist for advice.

Always remove overlying skin by filing with a pumice stone or emery board before applying any treatment.

Putting a piece of duct tape over the verruca can help to get rid of it. The tape needs removing once a week, overlying skin removed with a file or pumice and new tape reapplied. Doing this for up to 8 weeks has been shown to remove verrucae in some cases.