



VERRUCA'S

WHAT ARE THEY?

Verrucae pedis is a skin infection caused by the Human Papilloma Virus.

Verruca's usually appear as a small plaque of hard skin, and can have black dots (blood vessels) scattered throughout.

It is important to remember that the virus is contagious and can spread very easily.

Verruca's are commonly contracted in communal areas around swimming pools, showers and changing rooms as the virus thrives in warm, damp environments.

Factors such as low immune system and iron deficiency can prolong resolution.

Verruca's resolve at different rates dependant on each individual.

KEY POINTS:

Given time, all verruca's will resolve on their own

They are contagious – avoid going barefoot in communal areas/ around swimming pools etc.

Avoid sharing socks, towels and shoes.

Sometimes verrucae can become painful due to hard skin developing over the top. Your podiatrist can help by removing this hard skin (debridement).

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WHAT TREATMENTS ARE AVAILABLE?

Besides just leaving verruca's to resolve on their own there are a number of treatments available:

Debridement – regular removal of the overlying hard skin by your podiatrist

Silver Nitrate – a treatment to be applied at home for 7 consecutive days

Zinc Oxide tape – a clean piece of tape to be applied/removed daily for 5 days then a day off for your skin to rest. This process can be continued indefinitely, dependant on the condition of the surrounding skin. If the skin becomes too soft or irritated, you must remove the tape and stop using the tape immediately.

Verrutop – a chemical applied by your podiatrist in clinic. At home, you need to apply surgical spirit 2x daily for 2-3weeks. This reacts with the verrutop to help dry out the verruca. You will need to have a review with your podiatrist after 2-3 weeks of application.

Verruca needling – a procedure under local anaesthetic to help push the verruca cells in to your blood stream to stimulate an immediate immune response.

KEY POINTS:

All verruca's will resolve on their own, given time.

There are no 100% guaranteed treatments to resolve verruca's.

One treatment may be successful for one person but not for another person.

Even with a treatment, verruca's take a long time to resolve. It can sometimes take years for them to fully resolve.

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