



## Verruca

Verrucae, or plantar warts are a common occurrence on the soles of the feet and toes.

They are infectious viral lesions that can become painful and are unsightly.



Podiatry & Foot Healthcare

[www.wefixfeet.co.uk](http://www.wefixfeet.co.uk)

## What causes Verrucae?

Verrucae are caused by the Human Papilloma Virus (HPV), which is contagious through direct contact.

It thrives in warm, moist environments such as swimming pools, communal changing rooms, floors and bathrooms.

It is possible to contract a verruca simply by walking across the same floor area as someone who has a verruca

## Treatment and Prevention of Verrucae

Painful or unsightly verrucae, or simply ones that are spreading will require treatment. General treatments can be purchased over the counter at your local pharmacy for home use, or specialist, often more effective treatment is offered by our Podiatrists and Foot Health Professionals at We Fix Feet.

Options available in-clinic include:

- Swift Microwave Therapy - highly effective with little or no downtime or pain after each treatment. Ideal for busy people who have attempted other treatments to rid themselves of persistent verrucae.
- Cryotherapy - freezing the wart to  $-89^{\circ}\text{C}$ .
- Acid and Caustic-based treatments

Minimise the chances of catching a verruca by keeping your feet clean and dry, and cover up any cuts or scratches.

Avoid walking barefoot in communal showers or changing rooms and don't share towels or bath-mats

Avoid touching or scratching the area as it is likely to cause further spread

A compromised immune system may increase the risk of viral lesions such as verrucae and warts

Stress, pregnancy, puberty and illness are all factors that could increase the risk of viral infection of the HPV virus.



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The general information provided here does not constitute medical advice. You should consult with a suitably qualified foot health care clinician.

Please contact your nearest *We Fix Feet* clinic to book your consultation.