



## Verruca (Plantar Wart) Information Guide



### What is a Verruca?

A verruca is a harmless skin lesion caused by the Human Papilloma Virus (HPV). It appears as a small, rough growth on the skin, most commonly on the soles of the feet.

### How Do You Get a Verruca?

- HPV enters through tiny breaks in the skin, especially when the skin is soft or damp (e.g., after swimming or using communal showers).

### What Does a Verruca Look Like?

- Rough, grainy surface with a small black dot in the center (clotted blood vessels).
- On the sole, pressure may flatten the lesion, making it feel like a small pebble underfoot.

## Do Verrucae Hurt?

The thickened skin that forms over the lesion creates pressure on nerve endings when standing or walking, causing discomfort.

## Will It Go Away on Its Own?

- In many cases, especially in children, verrucae resolve naturally as the immune system targets the virus.
- Over 40% of children aged 11+ clear verrucae within months without treatment.

## When Should You Consider Treatment?

Treatment is recommended if the verruca:

- Is painful or affecting daily activities
- Is spreading to other areas
- Causes embarrassment or distress

## Treatment Options

1. Scalpel Debridement: Removes hard skin over the lesion for immediate comfort. (Does not cure the virus.)
2. Zinc Oxide Occlusion: Softens the lesion, may stimulate the immune response. Applied as daily tape or dressing.
3. Acid Treatments (e.g., Salicylic Acid): Break down the outer layer of skin; requires careful, repeated application.
4. Cryotherapy (Freezing): Liquid nitrogen treatment that destroys affected tissue; can be painful and may cause blistering.
5. Microwave Therapy: Uses controlled heat to destroy infected tissue and activate the immune system.
6. Needling (Local Anaesthetic): Punctures the lesion to introduce the virus deeper, prompting a stronger immune response. More invasive option.

## Home Care Tips

- Keep the area clean and dry.
- Avoid picking or cutting the verruca.
- Use cushioning (e.g., pads or insoles) to reduce pressure.

- Change socks and footwear regularly to prevent reinfection.

#### Need Professional Advice?

Our experienced podiatrists can assess your verruca and recommend the most appropriate treatment-or advise when to wait for natural resolution.

Book an appointment

Visit our website: [www.podcura.com](http://www.podcura.com)

Call us: 0115 648 4528