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**Verrucae / Warts Information sheet**

**What is a verruca and what causes them?**

A verruca is simply a wart that is found on the sole of your feet. They can also appear around the toes. Verrucae grown into your feet due to ground reaction forces whereas warts grow above the surfaces.

Verrucae are caused by the Human Papilloma Virus (HPV). This virus 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. If someone with an infected bare foot walks across the poolside, it may release virus-infected cells onto the floor. If you then walk on the same floor, you can pick up the virus

**Treatment for verrucae**

**Salicylic acid treatments**

1 Place a piece of tape (preferably strapping tape does not tape with adhesive pad as the acid will be absorbed into an adhesive pad)

2 Leave the tape in place for one day, replacing any tape that falls off with a new piece as soon

as possible.

3 Each day replace the tape, add salicylic acid. This does not need to be kept dry just apply the acid once finished bathing.

If the area becomes tender just leave the tape covering the lesion for an extra day or two and then repeat Step 3. Please be mindful that Salicylic acid also destroys healthy skin, so it is important to put enough to cover the lesion and no more to protect the skin around the verruca.

Do this cycle for two weeks until you see Louise again. Any concerns Please make contact 03 6889095

**Tips for prevention**

Avoid walking barefoot, Change shoes and socks daily, Keep feet clean and dry Check children's feet periodically, Avoid direct contact with warts from other people or other parts of the body, Cover any cuts or scratches, Wear flip flops in communal showers or changing rooms If a verruca does appear, avoid touching or scratching it as it may spread into a cluster of several warts. Wash your hands after contact with the verrucae to reduce the risk of them spreading to other parts of the body.

**Cryotherapy** Very cold liquid nitrogen is sprayed onto the verruca to freeze and destroy the cells. Treatment can be very painful. This would be done through your doctor’s surgery.