

Other treatment options

If the verruca is painful or uncomfortable you can reduce the thickness of the skin over the verruca using an emery board or file. This is often enough to ease any pain although the verruca may remain.

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This leaflet can also be made available upon request in Braille, audio cassette, large print or in other languages.

Chinese

此份單張備有中文譯本，請垂詢索取。

Kurdish Sorani

ی راکاواد ره سهل تئێرکب ره بهتسه ده شێدرۆک ینامزه به هیه وارکوالب مه ئێرناوته ده

Lithuanian

Paprašius, šį lankstinuką galima gauti ir lietuvių kalba.

Polish

Niniejsza ulotka może być na życzenie dostępna w języku polskim.

Portuguese

Este folheto também pode estar disponível, sob pedido, em português.

Russian

Эту брошюру можно также получить по желанию на Русском языке.

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Warts and Verrucae

Community Podiatry

What is a verruca?

A verruca is simply a wart on the foot and is the result of a viral infection of the skin. Although they can appear anywhere on the skin, typically warts occur on the feet and hands.

Most people develop one or more warts at some time in their life, usually before the age of 20. About one in ten people in the UK have warts at any one time.

What are they like?

They can be found anywhere on the foot and are often mistaken for corns. They vary in size, shape and number, but are sometimes dark, with a rough crumbly surface. They may be covered with a layer of hard skin. Most will not cause discomfort.

"Putting you first is at the heart of everything we do"

How are they spread?

The virus spreads fastest when the skin is soft and damp. It seems to be most easily caught in places like changing rooms and public showers.

Can I prevent them?

- ! Don't share towels.
- ! When swimming, cover any wart or verruca with a waterproof plaster.
- ! If you have a verruca, wear flip flops in communal shower rooms and don't share shoes or socks.

Should I treat them?

There is no need to treat warts. Without treatment, about 3 in 10 warts have gone within 10 weeks. Most warts will have gone within 1-2 years, and leave no scar. The chance that a wart will go is greatest in children and young people. Warts in older people are often more persistent and can last for several years.

Treatment can sometimes clear warts more quickly. However, treatments are time-consuming and can be painful. In most cases, simply waiting for them to go is usually the best thing to do.

Tape

A recent study found that covering a wart with adhesive tape is likely to clear the wart within a month or two. (Duct tape was used in the study but any waterproof tape is likely to have the same effect.) In this study, about 7 in 10 warts had cleared within two months with using duct tape. It may be worth a try as it is painless. However, further studies are needed to clarify the role of this treatment. The method described in the study was:

1. The wart was covered with duct tape for six days. If the tape fell off during this time a fresh piece of tape was put on.
2. After six days, the tape was removed and the wart soaked in warm water for five minutes. After drying it was then gently rubbed with an emery board or pumice stone to get rid of dead tissue from the top of the wart.
3. The wart was then left uncovered overnight and duct tape put on again the next day.
4. Treatment was continued for up to two months. (Note: most warts that cleared with duct tape did so within 28 days.)