

A close-up photograph of a person's foot, specifically the heel area, showing a large, rough, and slightly raised verruca (wart). The skin around the verruca is normal in color and texture.

Know the facts on

# Verrucae

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## What are Verrucae?

A verruca is usually found on the bottom of the foot and is a small skin lesion usually around 1cm in diameter.

Usually associated with children, verrucae are also a common complaint amongst adults.



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## What causes Verrucae?

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All verrucae are caused by the human papilloma virus which is common in all environments but does not readily attack the skin.

If there is excessive moisture or excessive dryness of the skin this can lead to small cracks in the skin which allows the virus to enter.

## What will happen if I leave it untreated?

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Most of the time verrucae will heal on their own if left alone however they can easily spread so if the verruca is touched or scratched a sufferer must wash their hands straight away or it can spread to other parts of the body.



## What can help?

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Try to avoid touching other people's verrucae and that hands are washed if a verruca is touched. It is also best to avoid sharing towels, flannels, shoes and socks and to make sure that feet and hands are kept clean and dry.

Due to how the virus spreads it is best to avoid going barefoot in public places and communal areas.

Also, if contracted avoid scratching or picking at the verruca this may spread the infection to other parts of the body.

## What are the treatment options?

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Over-the-counter treatments are available, but these don't always work. The treatments include creams, gels, skin paints and medicated plasters containing salicylic acid where the salicylic acid is used to burn the top layer of the affected skin. You can also find cold sprays that contain dimethyl ether propane, these sprays are used to freeze the wart.

Your Podiatrist may be able to offer a procedure known as needling which is carried out under a local anaesthetic.