

## Verrucae

This leaflet is intended to provide simple practical information about how you can self-manage this condition in order to avoid pain and maintain mobility.

A verruca is a wart on the foot. It is caused by a virus which can be caught and spread very easily.

### How can I tell if it is a verruca or a corn?

Usually, a verruca is painful when it is pinched but not when pressed and a corn is painful when it is pressed but not when pinched.

Sometimes verrucae are uncomfortable because they are on a weight bearing part of the foot. More often than not, you will not feel them and they will not really inconvenience you.

There is no treatment guaranteed to get rid of a verruca. After two years without treatment most will eventually

disappear. Sometimes though, a verruca will persist for several years and may spread. The older you are, the longer they will take to disappear.

### What you can do

It is a good idea to keep verrucae covered, especially in communal changing areas, to prevent them spreading.

If the verruca becomes painful, you could remove some of the surface hardness with a pumice stone. If you do, remember to keep the pumice stone for your own use to prevent spreading the virus.

Pad around the verruca with a non-medicated felt ring if walking on it is uncomfortable.

There are treatments available from the chemist, but these must be applied with great care, as they do contain acids which can damage normal skin.

Do not use these treatments if you have diabetes or poor circulation or

take medicines that affect your immune system.

More often than not, a verruca will go away on its own, especially if you are young! The best treatment is to cover it with a plaster and let nature take its course.

You can search for other information leaflets on [www.patient.co.uk](http://www.patient.co.uk) and your G.P. also has access to this website.

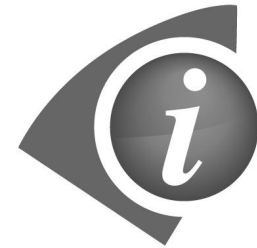
It is recommended that you follow the advice in this leaflet and only contact the podiatry department should the verruca continue to be painful.

If you are aged between 19-60 years you will need a G.P. referral.

Please contact the **Podiatry Department on 01803 217712** if you:

- require further information
- require this leaflet in a different format

***PATIENT INFORMATION***



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Department of Podiatry  
and Foot health