

THE FOOT & GAIT CLINIC

YOUR COMPLETE GUIDE

VERRUCAE & WARTS

TREATMENT OPTIONS



What are **VERRUCAE & WARTS?**



Verrucae/ warts are small rough lumps on your skin caused by the human papilloma virus (HPV). There are over 200 variants of HPV.

They are commonly found on the hands, knees and feet. Verruca Vulgaris or common wart is the typical lesion found on hands. Verruca Pedis is a wart on the foot - sometimes called a plantar wart when it is on the sole of the foot.

Did you know?

- That one in ten people have a verruca at any one time in the UK.
- The best way to treat verrucae is by using the body's own immune response.
- Verrucae Pedis are benign tumours, caused by infection of epidermal keratinocytes by the double stranded DNA Human Papilloma Virus (HPV)

What are the causes of verrucae?

Verrucae may be caught by contact with infected skin scales on the floors of public changing rooms, shower cubicles and swimming pools, or by sharing shoes with family members.

The virus enters the skin through abrasions in the skin surface, with moisture of the skin probably making infection with the virus easier.

*Providing Clinical
Excellence.*

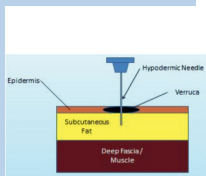
TREATMENTS

at The Foot and Gait Clinic



1 Salicylic Acid

With regular podiatry visits to debride the callus down and expose the infected cells better, maximum strength topical creams are applied. This is a long process requiring the patient to apply products daily.



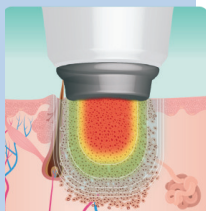
2 Falknor's Needling

Verruca needling works by causing a cell-mediated immune response at the affected area. Needling works in a different way to other verruca treatments, (such as caustics and heating) as these can require several treatments to reduce the verruca. It is not suitable for patients under the age of 18 years. Needling has a treatment success rate of between 40 - 80%.



3 Laser Therapy

K-Laser's High Energy Tip eliminates plantar warts by simultaneously activating the immune response and cauterising the infected tissues: an innovative, safe, and efficient treatment option with a very low recurrence risk. K-Laser has a treatment success rate of around 70%.



4 Swift® Microwave Therapy

Swift® is the pioneering microwave therapy system for verrucae.

With treatment success rates of 86% and over, Swift® provides a precise and easy way of treating verrucae and other benign skin lesions.

Treatment Using TOPICAL PRODUCTS



Your podiatrist can confirm if verrucae or warts are present on your skin.

Most verrucae and warts will go away without treatment within two years. But if you still have them after two years they are less likely to go away on their own, verrucae/warts seem to last longer in older children and adults.

Our podiatrists can examine and advise you on your best treatment options. They will also provide information and advice on how to prevent spreading or recurrence.

How should topical salicylic acid be applied?

- Application instructions may vary; consult your podiatrist. In general application is as follows:
 - Apply once a day, at night.
 - Before applying, debride the surface of the wart or verruca with an emery board.
- For subsequent applications, file off any film remaining from the previous application and reapply daily.

Providing Clinical Excellence.

Verruca can exist several millimetres below the skin surface, making it difficult to treat using traditional methods, resulting in either untreated verrucae or significant skin damage.

Swift® delivers a precise, highly-controlled energy dose. As microwaves travel into the skin, water molecules begin to collide creating a localised heat energy causing inflammation and destroys infected skin within a predetermined depth.

In just a few seconds treatment has been completed, leaving the body to absorb and replace the treated tissue.

Treatment will need to be repeated every 4 weeks for a minimum of three treatments.

Swift® is a good option for those with an active lifestyle due to the lack of need for dressings and the time between appointments.

FAQ

How many treatments will I need?

The aim is three but a number of factors may lead to more.

Does it Hurt?

We all experience pain in different ways. It can be uncomfortable for one or two seconds. Feels similar to touching a newly burned match or a hot pan. Anaesthetic is available but if administered you will be unable to drive for several hours.

What can I do after treatment?

In some cases the treated area may feel sore but will not prevent you from undertaking your normal daily activities.

Can anyone receive treatment?

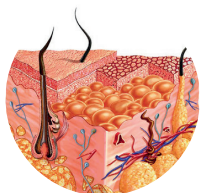
Microwave treatment is not recommended for patients with diabetes, must not be used near metallic implants and patients with electronic devices.

Will I need dressings after?

No, however very occasionally you may develop a blister/ blood blister and even ulceration post treatment in which case a simple dressing may be applied.

K-Laser Therapy

TREATMENT



K-Laser's High Energy Tip eliminates plantar warts by simultaneously activating the immune response and cauterising the infected tissues: an innovative, safe, and efficient treatment option with a very low recurrence risk.

Treatment Process:

1 appointment is required every 2 weeks



The treatment burns the infected tissues so SMOKE WILL FORM. This is normal and safe.

The patient should bring CLEAN FOOT WEAR to wear after the treatment. They shouldn't wear the verruca-contaminated socks or shoes on the freshly-treated foot, for risk of re-contamination.



Patients with poor general health and poorer immune system will likely require some more sessions than younger, healthier patients. Supplements that boost the immune system can help.

K.LASER®

Certified Provider

Falknor's NEEDLING

Benefits of needling:

- Can be completed in 1-2 sessions
- The triggered cellular immune response targets all the verrucae of the same HPV type, not only the ones directly treated.
- Less self-maintenance is needed in the long-term, e.g. regular filing or the application of medications required by other treatments

Procedure:

- Verruca needling is performed under local anaesthetic. You will be injected around your ankle or in your foot to numb the area around the verruca.
- Once completely numb the podiatrist will use a fine pointed, sterile, dry needle (meaning without any medication) to repeatedly puncture the surface of the verruca. This pushes the verruca cells from the epidermis deeper into the dermis of the skin, where the immune cells are present in higher numbers, triggering an immune response targeting the verruca directly. The appropriate antibodies are produced and over time the verruca naturally deteriorates.
- Only the largest of each type of verruca needs to be needled - making it an ideal treatment for those with numerous or mosaic verrucae.

Prior to procedure:

- Stop taking any anti-inflammatory medication at least 12 hours before treatment.
- You may eat before the procedure; especially if you are prone to feeling faint during medical procedures.
- Arrange transportation as you will not be covered by your motor insurance to drive for 12 hours post local anaesthetic. You should also not plan to walk far after the procedure as you need keep your feet elevated for the first two hours – this helps to reduce bleeding.
- You should not require any time off work, although if your job involves spending a lot of time on your feet, you may wish to take a couple of days.

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Let's get in touch

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