

Patient Fact Sheet

Verrucae's



What are they?

Verrucae's are small thickened growths on the skin surface of the feet, caused by a viral infection. The same virus which cause warts. Verrucae's are in fact warts that occur on the feet.

Who suffers from them?

Most people will develop verrucae's some time during their lives. Children and adolescents are more likely to develop verrucae's than adults. They are infectious and can easily be passed from one person to another wherever people are barefooted.

How are Verrucae's treated?

Sometimes they will heal on their own especially in young children, but this may take a while. The most effective treatment is cryosurgery or freezing the wart. This treatment uses either liquid Nitrogen or Nitrous Oxide gas. These are either sprayed onto the wart or a probe or cotton bud are exposed to the gases and then applied to the wart. This treatment can either be done by your doctor or chiropodist, and may require several treatments. This may also cause some discomfort and is therefore not recommended for small children or the nervous patient.

There are various creams, paints and ointments available of varying strengths and dosages which can be effective treatments. Your chiropodist will discuss these with you.

There are new lasers and "bioguns" which some chiropodists may use to treat your warts. DO make sure you are well informed about the various treatments offered and remember the treatment time may be prolonged there is no set length of time before the wart is destroyed, it may in fact never be completely destroyed.