

A guide for patients with a **verucca**

What is a verruca?

A verruca is a harmless wart on the foot.

What does a verruca look like?

It looks like a round lump with a cauliflower like appearance. If it is on a weight bearing area it may be flattened with a rough crumbly surface.

Sometimes, it may have little black dots in the centre. You might have one or a cluster, which vary in size. It can be hard to tell the difference between a verruca and a corn.



Can anybody get a verruca?

It is more common in children and young people. Some people get them easily and others never do. You are more likely to get a verruca if you go to places where people walk around barefoot in wet areas.

Does it hurt?

A verruca, like other warts, is generally painless. Hard skin may build up over it and cause pain. A verruca may also be painful if it's in a place where it gets rubbed, such as between the toes.

How do I avoid other people catching my verruca?

- Do keep it covered with a waterproof plaster.
- Don't share a towel or walk around with bare-feet.

How do I treat the verruca?

A verruca nearly always disappear on its own because our body fights it off, so if it's not painful it's usually a good idea to leave it alone. Some may take longer to disappear than others and the older you are, the longer they are likely to stay. The average lifespan of a verruca is two years.

Sometimes treatment can increase the risk of the verruca spreading or becoming more painful. If your verruca is painful it may be worth trying to treat it but unfortunately there is no treatment that is guaranteed to cure it.

What verruca treatments are available?

We recommend following one of the options below for at least six months. It is also important to eat a healthy, well balanced diet to help your immune system.

Daily filing

Use a foot file or pumice stone to cause inflammation. The inflammation encourages your immune system to fight the verruca.

Occlusion (blockage)

Keep the verruca constantly covered with duct or gaffa tape for seven days. In the evening of the last day, take the tape off and file with a foot file or pumice stone. Leave the tape off for one night and then start the process again.

Treatment containing salicylic acid

You can get these from the pharmacy. Always follow the instructions and advice from the pharmacist.

My verruca isn't getting any better, what do I do?

Visit www.nhs.uk/conditions/warts/ for more advice.

If you have tried pharmacy treatments and they haven't worked or if your verruca is getting worse ask your GP for advice.

**Do you have
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about our
health services?**



Contact

Customer Care Team
Kent Community Health
NHS Foundation Trust,
Unit J, Concept Court,
Shearway Business Park,
Folkestone, Kent CT19 4RJ

Phone: 0300 123 1807
8am to 5pm,
Monday to Friday.
Text: 07899 903499
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