

## Your local NHS podiatry service

For more information about NHS Podiatry in Hertfordshire please visit our webpage at: [www.hct.nhs.uk](http://www.hct.nhs.uk)

or contact:

### Hertfordshire Podiatry Service

Head Office

Sandridge gate

Ronsons Way

St Albans

AL4 9XR

Telephone: 01727 732004

If you wish to see a private practitioner, we recommend practitioners who are registered with the Health and Care Professions Council and who describe themselves as a podiatrist or chiropodist. These are protected titles in law and may only be used by persons who are registered with the Health and Care Professions Council.

For more information visit: [www.hpc-uk.org](http://www.hpc-uk.org)

### Hertfordshire Community NHS Trust

Unit 1a Howard Court

14 Tewin Road

Welwyn Garden City

Hertfordshire

AL7 1BW

Telephone: 01707 388000

Fax: 01707 321840

Email: [enquiries.hchs@nhs.net](mailto:enquiries.hchs@nhs.net)

Web: [hct.nhs.uk](http://hct.nhs.uk)

If you would like a copy of this document in LARGE PRINT, Braille or audio tape, or would like this information explained in your own language, please contact 01707 388038

# Managing your Verruca

What you can do

**One of the most common foot problems, especially among children and young adults, is verrucae (also known as warts on the feet). Symptoms vary from none at all to extreme discomfort.**

### What are they?

Verrucae are caused by a virus that enters the skin through a cut or abrasion. The virus thrives in damp conditions such as changing areas in swimming pools, showers and gyms.

A person who walks about barefoot may leave the infection on any surface they've walked over, anyone following in bare feet can pick this up and may develop a verruca.

### What to look for?

Verrucae present dark and brownish in colour with a rough crumbly surface, sometimes covered by a layer of hard skin. They can occur anywhere on the foot, vary in size and there may be one or many spread across the foot.

### How do you know if you've got one?

Verrucae or warts, are easily confused with corns and callous. Warts are usually more painful when pinched as opposed to direct pressure. Warts can appear anywhere on the feet whereas corns and calluses are more likely to be on weightbearing areas.

### What can be done?

Most verrucae will spontaneously go in time, once your body recognises the virus and your body develops immunity to them.

Generally if they are not painful and they are not getting any bigger, leave them alone. Cover them with a plaster, especially when in communal areas.

There are many over the counter preparations that your pharmacist can advise you on.

However, if you are in pain and an over the counter preparation hasn't helped then seek advice from a chiropodist or podiatrist or your GP.

There are many natural remedies. These include:

- duct tape, a piece of duct tape strapped over the verrucae,
- banana skin, a small piece of banana skin strapped over the verrucae; soft side down,

If you have diabetes or have a medical condition which may affect the feet please seek advice from a chiropodist or podiatrist (who is registered with the health professionals council) or your GP before starting any treatment.

Hertfordshire Community NHS Trust Podiatry Service does not actively treat verrucae.