



CHESHIRE FOOT CLINIC

PODIATRY



A Guide to Verrucae and Treatment Options

Verrucae are a very common foot problems which can affect us at any age. They are caused by a viral infection of the skin and can be difficult to resolve. Though many don't cause any harm and are without symptoms, they can last for many years and some people find them unsightly and embarrassing and in some cases people start limiting their activities due to becoming self-conscious of their verrucae.

Verrucae are notoriously difficult to treat and many people find themselves using over the counter products or home remedies that have little or no evidence to support their use. These can lead to scarring or damage to healthy skin around the verrucae which can cause the verrucae to spread. In time many verrucae will resolve without treatment. Treatment is indicated if the verruca is painful, shows signs of spreading, does not resolve over time or if the patient wishes to speed resolution. Whilst verrucae can take a number of years to disappear naturally there is increasing evidence that the longer a person lives with an infection the rate of natural resolution is reduced. (Reference: Dry Needling and Microwave Therapy – The Journal of Clinical Medicine)



CHESHIRE FOOT CLINIC

PODIATRY

What treatment options are available?

There are many options available all are an attempt to stimulate the body's own immune system in recognising and fighting the verruca but no treatment can be guaranteed 100% successful. To date, clinical trials have shown that the most effective treatments available are [Falknor's needling](#) and [Verrucae Microwave therapy](#).

Options available at [Cheshire Foot Clinic](#) include:

No treatment: This would usually be the case for young children under the age of 6. This is because the body's immune system recognises the presence of the virus and fights the infection naturally. If your child is under the age of 6 and has a verrucae which is painful our [Podiatrists](#) can advise you and help relieve the pain.

We no longer use acid and cryotherapy treatments at the practice to treat verrucae as we have found that these are not as effective at resolving the verrucae we see and can also cause damage and scarring to healthy skin.

Falknor's Needling technique. This is a minor surgical procedure carried out under a local anaesthetic. Once the area is anaesthetised a fine needle is used to push verrucae tissue into the deeper layers of the skin. The action stimulates the body's immune system to fight the virus. Verrucae needling involves 1 or sometimes 2 needling treatments, each with a dressing check 24-48 hours later and a review 8 weeks post operatively. On the day of the procedure, the client must not drive due to the administration of a local anaesthetic. This treatment is not suitable for children under 16 years of age. (Longhurst and Bristow reported 69% resolution of verrucae following this method in adult patients whose verrucae had been present for an average of 5.7 years in [J Clin Med](#). 2013 Jun; 2(2): 13-21)

Cheshire Foot Clinic 21A Tatton Street Knutsford Cheshire WA16 6AE
reception@cheshirefootclinic.com / 01565655840



CHESHIRE FOOT CLINIC

PODIATRY

Verruca Microwave Therapy. This uses a probe to send a microwave pulse through the verrucae tissue. The heating of the tissue stimulates the body's immune system into fighting the virus. This treatment method is non-invasive and can be carried out without the use of an anaesthetic. This usually requires 3 treatments, 4 weeks apart. A follow-up appointment after the last treatment is then needed 12 weeks later. Trials indicate 79% resolution in verrucae which have been present for greater than 12 months. The average duration of the verrucae treated in the trial was 5 years. **The benefit of this treatment is that no downtime is required.**

If you have painful or unsightly verrucae or would like more information about our verrucae treatments please [book an appointment](#) or contact us to speak to one of our team:

Call 01565 655840

Email: reception@cheshirefootclinic.com