

Verrucae treatment - advice sheet

- If you have had acid treatment please leave the dressing on as long as the Podiatrist has recommended unless it is very painful. If you have had pyrogallol applied you must remove the dressing if you feel any pain or discomfort whatsoever, or remove it if you are in doubt. If the dressing slips you must remove it immediately. Please do not walk barefooted in the house as pyrogallol may cause staining of floors/carpets, towels, bed sheets, etc. which is permanent.
- Once you have removed the dressing please dispose of it carefully and bathe your foot in salt water for 5 to 10 minutes (One tablespoon of salt per pint of warm water - using boiled water which has cooled down to a comfortable temperature), then dry the area with a paper kitchen towel.
- Apply a fresh, sterile plaster to cover the whole area treated. Repeat this procedure everyday until you next see the Podiatrist. If you have been advised to use an over the counter acid preparation please use this following the manufacturers instructions unless the area is painful and/or ulcerated, in which case please bathe the area daily in salt water and do not use any over the counter acid preparations.
- Take painkillers that you would normally take for a headache, as directed on the packet, if you are experiencing pain.
- Please rest your foot, and try not to walk on the sore part of your foot.
- Verrucae treatment can be painful, blisters may form, ulceration may even occur. Do not panic this is due to the nature of your treatment, if you have any worries or concerns please call us for advice.
- No one can guarantee to get rid of your verrucae as it is a viral infection (Human Papilloma Virus). Our aim is to stimulate an immune response as well as destroy the tissue the verrucae are living in. If you have immune system problems let us know, please also tell us what medication or medical problems you have, prior to treatment.
- If you have been advised to use an over the counter treatment, always follow the instructions received with your medication unless otherwise advised.
- If your verrucae are extremely painful or have ulcerated please follow the advice above regarding bathing and dressing the lesion. Please do not use any over the counter acid treatment and make an appointment to see the Podiatrist as soon as possible. If you are concerned, please telephone us immediately for advice.
- If problems arise when you are away and you seek the advice of a Podiatrist please make sure they are registered with the Health Practitioners Council. It is best to see a member of the Society of Chiropodists and Podiatrists, they will have the letters **MChS** after their name and also have a Degree in Podiatry. If they do not have a degree in Podiatry they do not have the minimum qualifications needed to practise in the NHS). Foot Health Practitioners do not have the same level of training as Chiropodists and Podiatrists and we, therefore, cannot recommend them.

