

Verrucae



hcpc
registered



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Verrucae are warts which are found on the feet and are a viral infection. They are contagious and can be picked up by walking barefoot across areas where infected feet have been such as swimming pools, hotels and communal changing areas.

Verrucae will appear on the skin in a “cauliflower” or similar to a knot in wood where the lines of the skin will distort around the infected skin growth. In some parts of the foot they may be protected by a layer of dead tissue known as callus. Anyone can get a verruca but children, teenagers, young adults and people with health problems are at the highest risk.

You can avoid getting them by wearing flip flops in communal areas, not sharing towels, shoes or socks, wearing verruca socks/swim socks and ensuring good foot health.

There is no cure or “guaranteed” treatment for verrucae and many cases will resolve themselves within a couple of years. If you wish to treat them your podiatrist can advise you on the best treatments for you as not all treatments are suitable for everyone and it will depend on factors such as circulation, medical conditions, mobility and age.

It is never advisable to use sharp implements such as scissors, knives or “safety blades” to reduce verrucae. They are living tissue and it is never advisable to use sharp implements on them yourself, this should only be carried out by a trained podiatrist.

