

# Verruca Needling

Welcome to The Functional Podiatrist, where we provide effective verruca treatment using a specialized approach known as dry needling. Verrucae, commonly known as plantar warts, can be uncomfortable and persistent, but we are here to help you understand what they are and how dry needling can assist in their resolution.

## **What is a Verruca and How Do They Form?**

A verruca, or plantar wart, is a skin lesion caused by the Human Papilloma Virus (HPV). You may have contracted it in various places, such as communal areas like swimming pools, changing rooms, or even at home or while on holiday. HPV is a resilient virus that can survive outside the body, making it easily transmissible. To become active and visible, it needs a host cell, which it finds in the epidermis, the upper layers of the skin, usually through cuts or abrasions.

Once HPV infects a host cell, it alters the cell's genome, leading to the formation of more infected cells. The only way to treat a verruca effectively is by destroying every infected cell, and this can be achieved through the body's immune response. Dry needling is a valuable technique in this regard. Verruca cells are confined to the epidermis, making them difficult for the immune system to detect. Dry needling pushes these cells into deeper skin layers, triggering an immune response that produces antibodies to combat the virus. Over several weeks, the verruca naturally deteriorates and ultimately disappears.

## **The Dry Needling Procedure**

Dry needling is performed under local anesthesia, with a few injections around the ankle to ensure the foot is completely numb before the procedure begins. A hypodermic needle is used to puncture the verruca repeatedly, pushing the infected tissue into the dermis and the underlying adipose tissue layer. After the process is completed, a simple dry dressing is applied, which should remain dry for at least twenty-four hours.

The anesthesia may wear off in two to three hours, and you can resume your daily activities within 48 hours. You might experience slight discomfort in the initial days, and you can take non-aspirin-based pain relief to alleviate this.

## **Important Information for the Day of Dry Needling**

- You can eat before the dry needling procedure.
- The dressing applied is not bulky, so you can wear any type of shoe.
- Arrange for a lift home, as you won't be covered by your car insurance to drive for 12 hours.
- Inform the podiatrist of any changes in medication or health on the day of the procedure.

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- You may need to change the dressing a couple of times in the first week, and sterile dressings will be provided.
- You should not require time off work.

Initial Aftercare After dry needling, follow these guidelines for a quick and pain-free recovery:

- Avoid driving for 12 hours.
- Avoid alcohol for 24 hours.
- Keep the dressing dry for 48 hours.
- Minimize walking and avoid running in the first couple of days.
- Rest with your feet elevated for the first 2 hours when you get home to promote healing.
- Use painkillers if necessary, avoiding aspirin-based products.

In case of any concerns, contact the clinic at 02035760630. Though rare, if you suspect an infection (increased pain, heat, or thick yellow discharge), please reach out to us.

On-Going Aftercare and Dressing Changes Follow these steps for dressing changes:

- Prepare a clean bowl with lukewarm water and add salt to it.
- Immerse your foot for 5-10 minutes.
- Remove the old dressing and apply a fresh sterile dry dressing.

We are here to support you throughout your verruca treatment journey. If you have any concerns or questions between appointments, please don't hesitate to contact us at 02035760630. Your health and well-being are our top priorities.