THE FUNCTIONAL PODIATRIST
CHIROPODY& PODIATRY SPECIALISTS

Verrucas and warts, caused by the human papillomavirus (HPV), are skin infections that can be transmitted through communal bathing areas. Although they are usually not painful, they are highly contagious. Some studies suggest that about 65% of verrucas can resolve without treatment within 5 years, but certain cases can persist for decades.

Achieving successful treatment for verrucas is not guaranteed. It can be a painful and time-consuming process, often accompanied by financial costs.

At The Functional Podiatrist, we employ three treatment methods: caustic application, cryotherapy (freezing), and dry needling.

Caustic Application:

1. **The caustic substances are placed under the padding on your foot. This padding should be kept dry for two days, after which it can be removed. Clean the foot and apply regular plasters or tape, such as 'Micropore' or Duct tape, to the affected area. Immediate pain is unlikely, but discomfort may arise a few hours after treatment. The purpose of caustic use is to induce necrosis (skin and tissue death) in order to eliminate the viral infection. In some cases, significant skin breakdown, ulceration, swelling, and redness of the surrounding skin may occur, resembling a bacterial infection. If such a reaction concerns you, please inform our practice. Remove all the plasters and padding, soak your feet in warm salty water (approximately 2 heaped dessert spoons of cooking salt per bowl), and apply a sterile dressing like Melolin. Rest the limb.**

Freezing (Cryotherapy):

1. **During this treatment, some discomfort may be experienced depending on the individual, location, and size of the lesion(s). A protective pad may be applied to alleviate tenderness. Ideally, the foot should remain dry for approximately twelve hours. If there is no discomfort, the pad can be removed. Pain is typically most intense immediately after treatment and may persist for 2-4 days before subsiding. Within one or two days, blisters may form around the verrucas. If a blister turns black, it indicates the formation of a blood blister, which is the desired effect. Unless the blister becomes raised and hinders walking, it should be left undisturbed. In such cases, you may need an appointment to have it drained and re-dressed.**

Dry Needling:

2. **This method aims to stimulate an immune response from your body. A local anaesthetic is injected to numb the sole of the foot or the individual verrucae. Then, a sterile hypodermic needle is repeatedly inserted into and through the entire lesion. A dressing is applied afterwards. The level of post-treatment pain varies with this method. Your podiatrist will provide further details about this treatment if necessary.**

Additional Information:

To achieve the best results (treatments 3-6), it is crucial to maintain appointments at 2 to 3-week intervals. Failure to do so allows the virus to recover and may increase its resistance. To prevent reinfection and aid the treatment process, it is strongly recommended to keep the verrucas covered with tape or plasters throughout the treatment period.

Unfortunately, treatments 1 and 2 can be painful. The degree of pain depends on the individual, location, and size of the lesion(s). Over-the-counter pain relievers like Neurofen or Paracetamol may offer some relief. Stronger prescription painkillers such as Codeine, obtained from your GP, can also be helpful. Additionally, footbaths with saltwater can alleviate discomfort to some extent.

I have read and understood the explanation of treatments and agree to proceed with the form.

Name: **Signed:** **Date:**

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