

HOW TO TREAT YOUR **VERRUCA**



WALDRON PODIATRY
RELIEF FROM FOOT & ANKLE PAIN



THANK YOU

For taking the time to download our E-Book

So How can you eradicate your Verruca forever?

Over the last 10 years I have seen it all! Lumps and bumps of all shapes and sizes. But most commonly they are verrucas, little pesky warts on the feet!

Most often I see these little verruca when home treatment has gone wrong.

Here you will find information that I offer in clinic everyday.

- **How did you get a verruca?**
- **What treatments work?**

How can you get rid of your verruca forever!

Wouldn't it be great to able take your shoes off in the pool or wear sandals and not worry about whether people were looking at your feet.

If you have any questions or concerns, please do not hesitate to contact me on **(01) 6362100**.

**Warmest Wishes Saoirse Waldron
Podiatrist BSc.(Hons). MISCP.**

What is a verruca?

Verruca's are caused by the Human Papilloma Virus (HPV) and appear on the hands as warts and on the feet as verruca. They are also known as plantar warts because they commonly appear on the sole of the foot, particularly the heels, balls of the feet and between the toes.



Verruca can appear as 1 small single lesion or multiple lesions in one area- this is known as mosaic verruca.

Children are known to suffer from the virus more often than adults. This is because children's immune systems are not as developed as adults and they are more susceptible to picking up the virus.

What causes it?

A verruca is caused by the Human Papilloma Virus (HPV) which is responsible for many skin infections.

This can appear as:

- A cold sore on your lip
- A wart on your hand
- A Verruca on your foot.



The virus itself is very contagious. It often looks like a lump under the skin that protrudes out and may have tiny black dots present but not always.

Hard skin often builds up over the verruca, especially if it has grown in size and or if there is a lot of pressure going through your foot, (e.g. the ball of your foot).

Did you know the skin on your feet is 5 times thicker than other areas on your body?

And Verruca can lie up to 7mm below the skin surface?

This is why the virus goes undetected by the body and is so hard to treat.

Verrucas are often picked up in damp environments, swimming pools or public showers because if there is excessive moisture or excessive dryness of the skin this can lead to little cracks in the skin which allow the virus to enter.

The virus lies asleep until the immune system is weakened, particularly following periods of stress, or illness.

What will happen if left untreated?

You may never know you have a verruca – some disappear once the immune system has recovered. However they can easily spread if the verruca is scratched or touched. If you notice the verruca changing in shape or size or becomes painful seek attention from a Podiatrist immediately.

What can help?

- Keeping your immune system active and healthy with a good diet.
- Avoid touching the affected area.
- Do not pick or scratch the verruca as this will spread the virus
- Wear shoes/ flip-flops around the house while the verruca is active.
- Do not share towels, shoes & socks.
- Verruca love moisture – keep feet clean and dry

Trying to get rid of a verruca can be very frustrating! This is because a verruca is a viral infection of the skin and therefore must rely on your immune system to recognise it, and then create a response to destroy it.

To speed up the recovery of verruca we can use a range of products attack or burn the skin. The idea of this is to create an injury your immune system will recognise.

For children under the age of 12 we offer a treatment that uses an acid based ointment as well as physically removing the verruca at routine visits. This method of treatment is painless and has a good success rate for this age group. For adults, verruca microwave therapy is by far the best choice of treatment with 83% success rate.

What treatments can I use

FREEZING

This painful treatment is applied using liquid nitrogen to the Verruca. The idea is to freeze the verruca virus inside the infected cells but the skin on the sole of the foot is so thick that this tends not to work and just causes painful blistering instead.

CHEMICAL ACIDS

Using toxic chemicals to burn away the verruca is a more traditional treatment. This requires keeping the dressing on and dry to stop the acid getting diluted ie. no swimming, keep dry in the shower etc. for approximately 6 weeks. To be honest this is a pain in the backside for most patients.

Over the Counter products

Over the counter products have a lot of different options, all of which for safety are very weak. Usually we find that these result in injury to the skin around the Verruca rather than the Verruca itself. Causing the skin to go very white, creating a minor burn.

SURGERY

Surgical removal of Verruca is normally done in a hospital. Its not something I'd recommend as you have to spend a lot of time off of your foot, usually leaves scarring that will never go and can cause more problems afterwards than the Verruca ever did. For this reason very few surgeons carry out this procedure now.

Swift Microwave Therapy

This is the most up to date technology in the treatment of verrucas. Swift Verruca Microwave Therapy passes cutting edge microwaves safely through the skins layers to ZAP that Verruca, leaving no burns or scarring without using any toxic chemicals allowing immediate return to full activity.

- No Need To Make Any Scalpel Incisions
- No Need Use Any Needles
- No Painful Burns From Using Toxic Chemicals
- No Need For Taking Time Off Work, Get Treatment During Lunch
- No Need To Stop Sports, Even Swimming.
- No Need For Fiddling With Daily Nuisance Dressing.

Finally There Is A No Needle, No Scalpel, No Toxic Chemical Solution To Banishing Your Verruca Forever & It's Available In Dublin....

Simply put a probe is applied to the verruca and a blast of microwave energy is passed through the verruca for about 2 seconds. This heats the verruca to approx 70 degrees celsius triggering the immune system into action to produce an immune response and kill off the verruca.

Waldron Podiatry will easily be able to distinguish what type of problem exists.

Wouldn't it be great to be able to take your shoes off in the pool or wear sandals and not worry about whether anyone noticed your Verruca?

What to do next?

BONUS

At present we are delighted to offer FREE VERRUCA ASSESSMENTS in order to get you on your way to verruca free feet!

If you are interested in a free verruca & wart assessment then don't hesitate to contact our friendly and knowledgeable reception on



(01) 6362100

or just email me at



saoirse@Mink.ie

with some info on your verruca pain and I will get you back on the road to Verruca Free Feet!

In the weeks ahead I'll send you more tips and advice on how you can rid yourself of your foot pain with the help of the Podiatry profession.

Hopefully this is the beginning of a long partnership where my team and I are able to help you achieve your goals such as going for that charity walk, that shopping trip with your daughter or even a 5km or 10km run!



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