



# Verruca's

## Patient Information

### WHAT IS A VERRUCA?

**Verrucae**, also known as **Verruca Pedis**, are **benign (non-cancerous) skin lesions** caused by the **human papillomavirus (HPV)**. They are a type of **wart** and are most commonly found on the **soles of the feet**, especially in **weight-bearing areas** like the heel or the ball of the foot.

### COMMON CAUSES

- By HPV infection of the epidermis (top layer of the skin)
- Spread via direct skin contact or contaminated surfaces (e.g. communal showers, swimming pools)
- Virus enters through small breaks or cuts in the skin

### SYMPTOMS

- Often appear as rough, grainy, or cauliflower-like lesions
- May be covered by a layer of hard skin (callus), especially in high-pressure areas
- Painful when pressed or walked on, particularly if they form inward due to pressure
- Often show tiny black dots (capillary blood vessels) on close inspection

### TREATMENT

- **Over-the-counter topical treatments** (e.g. salicylic acid)
- **Cryotherapy** (freezing with liquid nitrogen)
- **Silver nitrate, cantharidin**, or other chemical agents
- **Debridement** of callus to relieve pressure and pain
- **Laser therapy or minor surgical removal** (for persistent cases)
- **Duct tape method** or other occlusion therapies (mixed evidence)
- **No treatment** is necessary in many cases, as verrucae often resolve spontaneously

### PREVENTION

- Wear flip-flops or shower shoes in communal areas
- Avoid touching or picking at verrucae
- Keep feet clean and dry
- Avoid sharing shoes or towels
- Cover verrucae with a plaster or dressing when swimming or exercising