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Verruca Treatment

When should I see a podiatrist?

See a podiatrist if you are concerned regarding a verruca or wart, or are unsure of a lesion on the foot. Treatment may be considered if a verruca is painful, spreading, or long standing.





We always put patients at the
centre of everything we do

What are the options?

There are many different options available for the treatment of verruca. Treatment is not always indicated as the risks associated with treatments may outweigh the risks carried with having a verruca.

Evidence has shown that the majority of the time verruca will spontaneously resolve within 6 months in children, and within two years in adults, this is without any intervention or treatment.

What are the options?

Debridement

Is the reduction of the overlying thickened tissue of verruca which is usually completely painless, this provides relief from discomfort caused by the build-up of excess tissue. Bleeding is common with this method, there is a theory that the bleeding may stimulate an immune response which can eradicate the verruca.

Acid (Keratolytic)

Applications of acid applied to the verruca can be used to destroy infected tissue. The acid is left in situ for a period of time, and are usually applied every 2-4 weeks.

Cryotherapy

Cryotherapy is the destruction of tissue using cold temperatures. Usually, liquid nitrogen or nitrous oxide is applied to the verruca in a controlled manner. This procedure can be painful and is usually performed every 1-4 weeks.

Verrutop

Verrutop uses a Nitrizinc complex, it produces a painless mummification of the verruca tissue which causes it to detach

from the healthy skin. Verrutop is applied every 2 weeks for a maximum of 6 sessions. It is best suited for smaller verruca or warts.

Needling

Is a minor surgical procedure performed under a local anaesthetic, where the verruca is punctured with a needle multiple times. This is thought to push the viral particles deeper into the tissues and stimulate an immune response.

Excision

Excision is a rarely performed surgical procedure performed by a podiatric or suitably qualified surgeon, where the verruca is cut out. This is still not 100% effective, as adjacent viral particles may remain that cannot be seen with the naked eye. The aftercare can be painful and there is a chance of painful scarring.

SWIFT - Microwave treatment

A relatively new therapy where microwaves are penetrated into the lesion causing the destruction of tissue. SWIFT is a microwave treatment, this is provided at only some clinics who have the equipment required.

Prices

- Initial assessment - £52.50
- Follow up treatment (cryotherapy/acid) - £52.50
- Verrutop - £63.00
- Needling - £230.00

To arrange an appointment please e-mail office@chirobody.co.uk
or call 0330 088 4222.

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