Falknor's Needling

for Verrucae

What is it?

This is an innovative and effective treatment for verrucae (warts), which are benign types of the Human Papilloma Virus (HPV) group.

It is a form of soft tissue therapy which is intended to break down the verruca and create a controlled inflammatory response which in turn, stimulates the body's immune system to recognise the virus and destroy it.

The treatment has been around for over 45 years (being first described in a medical journal in America in 1969), and is used routinely with great success by practitioners internationally.

Needling is different from most other treatment modalities (such as acid treatment which can entail several applications to be effective) as it only usually requires one, and sometimes a second application, makes this an ideal treatment for busy people.

24 hours after treatment, you can shower as normal without the need to keep bulky dressings dry. In fact, no dressings are required at all after 2 days, so you can continue with daily activities as normal.

The procedure is carried out under a local anaesthetic; an injection of local anaesthetic is administered into the inside of your ankle.

This ensures your foot is numb for between 3-5 hours after the procedure, only mild soreness has been reported by a few patients, although most patients feel no discomfort at all following treatment.

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How does this method of treatment work?

The viral cells in the verruca are broken down, thereby exposing the viral particles to the fatty tissue beneath the skin where the body is rich in immune regulators. Here, the immune system can recognise and destroy the virus.

As this immune response is often systemic, treatment of only one Verruca is required, when there are many lesions of the same strain, as spontaneous remission occurs in all or most, Verrucae at the same time. If there are different strains present on one foot, your podiatrist will treat each type.

A small dressing will be applied to the area, and you are advised to go home and rest with your foot elevated. There will be minimal bleeding and you can remove the bandage the following day to shower.

If you have a verruca that needs treatment, get in touch.

Post-Operative advice following dry needling

You may experience a little discomfort or bruised feeling, after the anaesthetic has worn off and may wish to take your preferred painkillers.

Go home and rest with your foot elevated as much as possible for the rest of the day and keep the dressing dry.

24 hours after treatment, you can remove the dressing and shower as normal, lightly washing the area with soap and water. No dressing is generally required after showering, although you may want to apply a 'Mepore' dressing (supplied by your podiatrist), to the area for comfort.

For more information, contact us at Tel. 0118 304 9389 or book online