Verruca

Pedis

What is it?

A Verruca is a small viral skin lesion, found on the bottom of the foot or toes, which closely resembles a corn.

Its size is usually under 1cm in diameter but can grow larger and can also occur in clusters (mosaic warts).

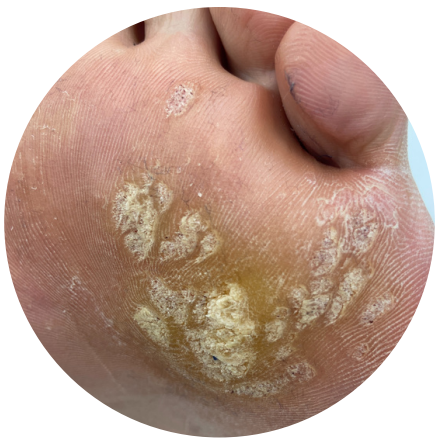
How do I know if I have it?

Verrucae appear as white patches on the skin, often with multiple black dots.

They tend to be flat but can also be raised and painful if on a weight-bearing part of the foot. They are commonly found on the sole of the feet and toes.

The virus can lay dormant in the skin unknown for several weeks or months, before presenting as a Verruca.

What causes it?



They are caused by the Human Papilloma Virus (HPV). The virus is everywhere we go; on surfaces we encounter daily, so it's impossible to avoid it completely.

The virus needs a portal of entry to take hold; this can be dry skin on your feet, an abrasion or a cut which is invisible to the naked eye.

Simply walking along non-slip tiles in the house, or around a swimming pool barefoot is enough to cause minor abrasions to the skin, allowing the virus to enter.

Verruca Pedis

How can it be treated?

Different treatment modalities work with varying success rates, and treatment can be a long process.

We offer different treatment options at The Vale Clinic, which give approximately 60 - 80% success rates. Unfortunately, no treatment can guarantee a 100% success rate due to the nature of the virus.

Ask us for more details, and we can assess which treatment will be best suited to your needs.

How do I prevent it in the future?

Avoid walking with bare feet in communal areas. If at the swimming pool, wear a clean pair of flip-flops to move around.

If you do have an abrasion, cover the area with a waterproof plaster such as Compeed. These can be purchased over the counter, and are to be used with caution, carefully following the instructions on the box.

If you have a verruca that is painful or is spreading, and you have exhausted over-the-counter remedies, having it treated professionally is your best option.

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