

MACKENZIE PODIATRY Ltd

Registered in Scotland 311124
Society of Chiropodists and Podiatrists Accredited Practice
www.mackenziepodiatry.co.uk



VERRUCA TREATMENT INFORMATION

PREVENTION OF CROSS-INFECTION

As a precaution against the spread of the infection to others, we would advise that you avoid swimming pools and any other communal changing area which might be wet underfoot. In addition it is advisable to use strictly your own towel at home and where possible to have your own bath mat. Always clean the bath or shower after use.

When you are free of verrucae wear flip-flops in any wet, communal area where the virus may be present, to prevent re-infection, e.g. around the swimming pool or in the showers at the gym.

YOUR VERRUCA IS TO BE TREATED BY CHEMICAL CAUTERY.

A strong caustic, either an ointment or a liquid, will be applied directly to the affected area. This will destroy the infected tissue. Some pain or discomfort is to be expected.

SALICYLIC ACID OINTMENT

This is a strong caustic ointment. It is applied on a dressing which must be kept dry at all times. This treatment is seldom painful but may take longer to clear the verruca. If it does become too uncomfortable, remove the dressing and soak the foot in a bowl of warm water with two tablespoons of household salt dissolved in it. This may have to be repeated a few times to alleviate the symptoms. This procedure should also be followed if the dressing gets wet.

MONOCHLORACETIC ACID

This is a strong liquid caustic. The wart is soaked in a solution of this and a light dressing applied which should be removed about an hour later. A burning sensation may be felt in the first 24 hours, sometimes even before leaving the treatment room. Again if this is too painful soak the foot in a bowl of warm salty water as above.

OCCLUSAL

Sometimes monitored self treatment may be the preferred option. Occlusal may be bought either from your podiatrist or from the pharmacist.

Apply the liquid as directed once a day and when dry, cover with a thin plaster such as micropore. Do NOT rub down with an abrasive. Attend the podiatrist every 2/3 weeks for checks and reduction of the verrucae.

Please do not hesitate to consult your Podiatrist if the symptoms persist. Continuity of treatment is of the utmost importance

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