

## PATIENT INFORMATION on WARTS and VERRUCAS

Warts and verrucas are caused by a virus which affects the skin. Warts tend to be raised and feel rough. Verrucas are just warts which are on the sole of the foot. They tend to be flatter because they get 'trodden in'. Neither warts nor verrucas are harmful. They can be unsightly and sometimes verrucas can be painful or tender.

### **Are warts contagious?**

Warts and verrucas are contagious but the risk of passing them on to others is low. THEY ARE HARMLESS.

### **Can you go swimming?**

Yes you can swim as normal; some pools have their own regulations and can insist on a verruca sock or plaster being worn.

## TREATMENT OPTIONS

### **Do nothing**

They will go away by themselves eventually. This is probably the best option for most cases as treatments are usually time consuming, can be painful, and do not always work!

### **Topical treatment**

Preparations such as Bazuka Extra Strength gel contain Salicylic acid which burns off the top layer of wart or verruca gradually wearing it down.

Homeopathic treatments such as Thuja gel which acts by stimulating the immune system to resolve the virus.

Treatments are available at your local pharmacy, where you can receive advice on different products from your pharmacist. These preparations must be used according to manufacturer's instruction

Occluding the wart or verruca with a strong adhesive tap such as duct tape can be effective and has the advantage of being painless and cheap!

### **Cryotherapy (freezing treatment)**

Freezing warts and verrucas can be done at the surgery by the practice nurse.

**THIS WILL ONLY BE CONSIDERED AFTER YOU HAVE SELF TREATED FOR 6 MONTHS.**

The treatments have to be spaced out. Currently we aim to treat people no more often than once a month.



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