

Verruca Pedis Plantar Warts



What is it?

A verruca pedis is a wart located on the foot and is caused by the human papilloma virus (HPV). The virus infection is usually transmitted through direct contact, entering through tiny abrasions in the skin. They are commonly spread via communal activity, such as swimming pools, health clubs, and bathrooms. Though some types of warts can go away within a month or so, some of them can be painful and therefore require treatment.

Typical appearance

- It can affect any area of the foot, including between the toes
- The size and shape can vary, and may be singular or multiple
- The wart disrupts the regular striations of the skin and often has a 'cauliflower-like' appearance
- It may have overlying callus and may or may not be painful
- There is pin point bleeding on debridement

Treatment

- Treatments are aimed at addressing and easing symptoms and causing remission of the virus. However, once a person is infected, there is no evidence that any treatment eliminates the HPV infection. Therefore warts may recur after treatment because of activation of latent virus present in healthy skin adjacent to the lesion.
- All treatments will require weekly or fortnightly podiatry visits. The frequency of your visits depends on the progress of your treatment. At these appointments, your podiatrist will debride the wart, assess its condition, and then make a decision as to your next level of treatment.

- There are many treatment options which your podiatrist will discuss with you. During a course of treatment you may need to use some modalities at the same time, or you may have to switch between the various modalities depending on the progress of your treatment. Your podiatrist will assess and make that decision at your appointment. The different modalities include:
- Scholl's Wart Removal System (40% salicylic acid): Warts are treated every two to three days at home.
- Salicylic acid: Applied by the podiatrist and can also be purchased and applied at home in preparations such as Wart Off and Duofilm.

Side effects of treatment may include:

- Infection
- Blistering
- Discomfort /pain
- Bleeding

Prevention

- Avoid walking barefoot in public areas, especially at public swimming pools
- Avoid sharing footwear and socks
- Avoid direct contact with warts on other parts of the body or on other people

Unfortunately, treatment for Verrucae can take many weeks or even months. No one treatment is more effective over another so sometimes it is worth trying "anything and everything" to get results. Generally speaking, the longer you have had the lesion, the longer it takes to resolve. Try not to get frustrated if treatment seems to become ineffective and just be persistent with your efforts.

If you have any questions regarding any of the above information please feel free to contact Rachael at Pod Co Podiatry

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