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Fife Council and NHS Fife are supporting the people of Fife together through Fife's Health and Social Care Partnership.

[www.fifehealthandsocialcare.org](http://www.fifehealthandsocialcare.org)



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## PODIATRY DEPARTMENT



## VERRUCA

### **WHAT IS A VERRUCA?**

- It is a wart found anywhere on the foot. There are different types and are most common on the sole of the foot either singly or in groups.

### **WHAT CAUSES A VERRUCA?**

- It is caused by one of the most common types of virus. The virus enters the foot through tiny cracks in the skin (especially when the skin is wet).

### **WHAT DOES IT LOOK LIKE?**

A verruca is dark brownish in colour with a rough crumbly surface covered by a layer of hard skin.

They usually start as small speckled lesions and grow quite rapidly. They may appear as a single verruca or multiple verrucae spread around the feet

### **HOW DO I CATCH A VERRUCA?**

The virus is very infectious and is commonly found in swimming pools, sports centres and areas where people are barefoot. It spreads from one person to another when walking barefoot on surfaces following contact by an infected person

### **CAN I PREVENT A VERRUCA?**

- Wear flip-flops or waterproof socks (obtainable from Chemists) when at the poolside or communal places
- Never share towels, socks or footwear.

### **IS THERE A CURE?**

In time some verrucae clear up naturally as the body fights the infection itself. However, if they are painful then treatment is recommended

Various remedies are available and include chemical “over the counter” preparations to remove them. Care must be taken so that the surrounding skin is not damaged.

**NHS Fife Podiatry does not routinely treat verrucae.**