



Suffolk Podiatry

Verrucae

What is a Verruca?

A verruca is a small wart on the foot. Like all warts it is caused by the Human Papilloma Virus. Verrucae often have a rough, bumpy appearance and may contain small black dots. It is quite common for them to occur in groups, sometimes with one large verruca with smaller verrucae around it. Some people are naturally more susceptible to verrucae than others.



How do you catch them?

The human papilloma virus is contagious. You can catch verrucae by coming into skin contact with surfaces where other people with verrucae have walked barefoot. The virus thrives in warm damp environments like changing rooms and swimming pools, so these areas are some of the more common places where you may catch a verruca. You are also more likely to catch a verruca if you share towels or footwear with someone who has the infection. Any cuts or injuries on your foot may allow the virus to penetrate the skin more easily.

Who can catch a verruca?

Anyone can catch a verruca although they are more common in children because their immune system is still developing. This is especially true if they frequently use communal showers, changing rooms and swimming pools. People with certain medical conditions which impair the immune system are also more susceptible to this type of infection.

How should I manage a verruca?

- Avoid scratching or picking the area as verrucae can easily spread to other parts of the foot and the body.
- Wash hands after contact with the affected area.
- Change socks daily.
- Cover the verrucae when using communal areas such as changing rooms.
- There are many products available over the counter. A pharmacist will be able to offer advice.
- Most verrucae will disappear over time by themselves as the body's immune system starts to fight the virus.
- Private podiatrists may provide treatment for verrucae. We recommend that any podiatrist you see is registered with the HCPC. You can check their membership details by going to: <https://www.hcpc-uk.org/>

More verruca information is available from the NHS website:

<https://www.nhs.uk/conditions/warts-and-verrucae/>

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