

# A GUIDE TO SELF TREATING VERRUCA

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## WHAT IS A VERRUCA?

Verrucas and warts are the Human Papiloma Virus (HPV), there are many different strains of this virus, some are associated with cancers (cervical, throat etc). The predominant strains that affect the feet and hands are benign and not known to be associated with any cancer.



## Why don't they go away on their own?

Basically they are very good at hiding from our immune systems. Verrucas (HPV) are not in our blood stream, therefore our whiteblood cells completely ignore them. Unlike other viruses, covid, colds etc which are in our bloodstream.

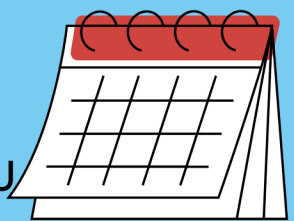
## WHAT WORKS?



The number one best way to get rid of verucas (HPV) is to WAKE UP your immune system (white blood cells) to start attacking the virus and create antibodies against that particular strain of the virus.

## HOW DO WE DO THAT?

Consistency, Keep attacking the verruca, if you are lucky it will go after a few weeks however it can take many months to go. Salactol acid or similar is fine to use or Tiger tape 24/7. Don't worry if the area around the verruca becomes red and angry. You need a strong reaction to get your immune system going. Obviously if the area treated becomes painful, stop, wait a few days to recover, then start again. See page 2 for more details on self treatments.



## IF THAT DOESN'T WORK, THEN WHAT?

Give me a call or email etc and I'll get you in for an assessment and treatment plan, see my website for treatments offered.

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## **Bazooka, Salactol or similar**

As mentioned on page 1, consistency is key. Keep applying the acid (follow instructions on packet), acid alone will not kill the virus. What it is trying to do is aggravate the skin, in and around the verruca. This then causes an immune response by your white blood cells to attack and create antibodies. So some redness and sore skin is expected. But use common sense, if the treated area becomes painful or too sore, STOP. Rest area to recover then start treating again.

## **Tiger tape or Duct tape?**

Tiger tape is zinc oxide tape, duct tape is not intended for applying to the skin.

Use Tiger tape, keep the verruca covered constantly 24 hours a day 7 days a week.

Expect the skin to become white and soft under the tape, remove as much soft white skin as possible with a single use disposable emery board every few days. Again expect some soreness etc, if the skin becomes painful STOP treating, rest, recover then start again. The stronger the reaction the better the chance that your immune system will kick in and create those antibodies.

## **Freeze sprays?**

Don't bother using on verrucas, professional treatments are with liquid nitrogen at  $-176^{\circ}\text{C}$ , these in various studies have been shown to be of limited success, the freeze sprays available in pharmacies are around  $-30$  to  $-40^{\circ}\text{C}$ , they are not cold enough to be effective on verrucas.

## **When do I get professional treatment?**

If after 6 months of self treatments you have little or no improvement or, if any of the advice in this info article is unclear, book an appointment with myself or another podiatrist to discuss treatments in person.

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