

## Patient information on our verruca treatments that we offer

### Verrutop

- Verrutop is a topical chemical treatment used for warts and verrucae.
- Age for this is 6 years +
- It works by denaturing the protein within the virus and desiccates the wart tissue which then causes the lesion to detach from the skin, leaving healthy tissue underneath.
- The treatment is quick and normally painless however there may be some mild discomfort/itching/slight burning felt during or just after treatment which usually subsides within a few hours.
- It is advised that you do not touch or scratch the area and if you do to wash your hands thoroughly and avoid contact with eyes.
- After the treatment you are able to shower as normal however it is recommended to avoid long soaks in the bath.
- After the treatment the wart/verruca may start to change colour to a yellow/orange or may even turn brown/black. This is to be expected and is not a cause for concern. A layer of hard skin may also develop on top of the lesion, the Podiatrist will debrided this at the next appointment before applying the next verrutop treatment.
- It is recommended that surgical spirit be applied to the lesion twice daily in conjunction with the verrutop treatment. This helps to aid the process of drying out the lesion.
- A number of treatments are usually required but we carry out no more than 6 over one period and the treatments should ideally be no longer than 2-3 weeks apart. If there is not complete resolution of the lesion by the end of the 6<sup>th</sup> treatment, we would suggest taking a break from verrutop for a couple of months before resuming treatment.
- If the verruca seems to have detached from the skin, it is still important that you attend the next appointment so the Podiatrist can determine if the lesion has resolved.
- The manufacturers of verrutop claim that the efficacy rate of the treatment is around 90% after 6 sessions of the treatment following clinical trials however there is still no 100% guarantee that the verruca will resolve which is also the case **for all verruca treatments.**

Costs: £50 first session, and then £40 sessions 2-6

## SWIFT

- Verrucae are caused by HPV and can be very stubborn to treat.
  - Part of this reason is that HPV stays in the superficial layers of the skin and releases anti inflammatory cells into the area which makes it harder for your body's immune system to detect and fight.
  - Most common treatments use chemicals to destroy the wart tissue externally and have little immune involvement – hence their limited success.
- Swift treatment uses low levels of microwaves to treat verrucae by targeting the water molecules in the verruca cells, this causes them to collide and generate heat which creates a local immune response which kills the virus.
- The microwaves are a form of non-ionising radiation which doesn't alter or damage DNA, therefore has no carcinogenic risk. Devices such as mobile phones, wifi, Bluetooth and GPS all use microwaves.
- Verrucae reside in the top layer of the skin, swift delivers treatment to a maximum depth of 5mm and microwaves travel in straight lines, this ensures no healthy tissues are damaged during treatment.
- The treatment involves the swift machine being set to deliver short bursts of microwaves to the verruca for 2 seconds each time. The amount of reps can vary for each individual but we try to achieve up to 5 reps on one verruca. So this would total to 10 seconds of therapy on the verruca. If there is multiple verruca on the foot, we can target all of them, and time and reps can vary for each individual during treatment. There is discomfort during the treatment, however, patients report this lasting for 2 seconds and quickly settling, which can make the rest of the treatment tolerable and they know it is finished quickly.
- Unlike other treatments, Swift doesn't require any aftercare or dressings as it doesn't break the skin. If the area is uncomfortable after treatment, the podiatrist can provide padding.
- Most cases can require 3-4 sessions. Treatments 1-3 are carried out at 4 weekly intervals followed by a review appointment 12 weeks later. Some verruca respond fast to the treatment and some patients only need 1 or 2 sessions. We do have to make people aware that there is a chance more than 3-4 sessions may be required if the immune response takes longer. We also must state that the treatment doesn't respond to everyone as it is not 100% guaranteed. The research shows around 75.9% of successful outcomes.

**Age range for this 12 years old +**

**Cost: SWIFT first session is priced at £130.**

**SESSIONS 2&3 are £100.**

**Sessions 4+ are £75**

## Falknors Needling

- Needling works by breaking the verruca down and puncturing cells deeper into the skin. This causes a localised inflammatory response which helps the body's immune system detect and fight it internally.
- Needling is done under local anaesthetic and normally (if you have multiple) the original or largest verruca is treated first. The untreated verrucae can sometimes also begin to resolve in unison with the one being treated.
- Needling has around a 70% success rate and can require anywhere between 1-5 treatments at 4-6-week intervals.
- After treatment, a dressing is applied that should be kept on and dry for 48-hours. The area may be uncomfortable for several days following treatment, pain killers such as paracetamol or co-codamol can be taken to manage this.
- Avoid anti-inflammatories such as ibuprofen, naproxen, or aspirin as they will counteract the inflammatory process the treatment aims to create.
- After removing the dressing, a dark scab will form over the verruca, this should be left alone until the next appointment to reduce infection as the skin is still healing underneath.
- Age from 12 years +
- Needling first session is priced at £130 and any return sessions thereafter is £75- £100.

## Salactol treatment. Over the counter home application

Verrucae are caused by the Human Papilloma Virus. The virus affects the skin cells in the top layer of skin and behaves different from a virus that would normally enter the body. This allows it to remain undetected by the body's immune system and also has an anti-inflammatory effect, which can further dampen the immune system's ability to fight it naturally. This means verrucae are very challenging and unpredictable to treat. Most studies have found it difficult to obtain a cure rate higher than around 75%. Studies on the Salactol treatment average around 40% effectiveness, which can be further improved by combining with "occlusion therapy" (zinc oxide or duct tape). This is a convenient, cost-effective treatment, which is also less painful and requires less visits to a podiatrist as it can be done at home. Can be used on children and adults. NICE GUIDELINES STATES: Not licensed for use in children under 2 years.

The recommended treatment plan for the best results has been outlined below.

- Before applying the Salactol, use the emery board to rub down the verruca to remove excess wart tissue and any Salactol residue from previous applications.
- The best time to apply is after bathing as this will allow the Salactol to work on the verruca for longer.
- To limit spillage of the Salactol on to healthy surrounding skin, petroleum jelly (Vaseline) can be applied around the verruca (remove before applying tape).
- The product leaflet doesn't specify the number of coats that need to be applied, but depending on pain tolerance, it's advised to aim for 3-5 layers.
- Allow at least 1 minute between applications to let the previous coat to dry.
- A stinging or burning sensation is common, however this will normally settle shortly afterwards.
- Once the Salactol dries, the area may appear white or grey, this is normal.
- Once dry, cover with zinc oxide or duct tape for better results (*optional*).
- Leave for 24 hours before repeating this process.
- If the area becomes too irritated and painful, avoid treating for several days to allow the area to settle before continuing further treatment.
- It's advised to see the podiatrist every 4-6 weeks for review and professional debridement of the verruca. If you have any issues or concerns with this treatment, please contact us via phone or email.