

## Further information



Bedfordshire  
Community Health Services

### Confidentiality

We will not share any information that you give us without discussing this with you first and getting your consent. The only exception to this is if we consider that your life or the wellbeing of someone else could be at risk

### Compliments, Comments and Complaints

We welcome feedback about our services, so please contact the Patient Advice and Liaison Service on freephone [0800 7834839](tel:0800 7834839) or email: [elft.palsandcomplaints@nhs.net](mailto:elft.palsandcomplaints@nhs.net)

If you are not happy with the service and your treatment, please ask to speak to the service manager to try and resolve this. Or contact the PALS team.

If you wish to make a complaint, you can call freephone [0800 085 8354](tel:0800 085 8354)

or email: [elft.complaints@nhs.net](mailto:elft.complaints@nhs.net)

or write to:

FREEPOST RTXT-HJLG-XEBE

Complaints Department,

The Green,

1 Roger Dowley Court.

Russia Lane,

London E2 9NJ

# Verrucae

## Podiatry Services



*Bedfordshire adult and children's community health services are provided in partnership by East London NHS Foundation Trust (ELFT) and Cambridgeshire Community Services (CCS) NHS Trust.*

## What is a verruca?

A verruca is a wart that is caused by the human papilloma virus (HPV). The infection causes visible changes to the skin. For example, you may see black dots on the sole of your foot. A verruca may appear on its own or in clusters (verrucae).

Most verrucae do not cause any pain or discomfort, but they may become painful in places where there is pressure or rubbing.

Most verrucae will usually disappear without treatment and without leaving a scar. This normally happens between six months and two years after they first appear.

## Treatment options

**Important:** people with diabetes and people with poor circulation should not treat their verruca without seeking advice from their doctor, podiatrist or pharmacist.

The body usually builds up its own resistance to the infection, and treatment is not necessary unless the verruca is very painful or spreading.

In fact, it is thought that if nature is left to deal with the verruca, this may increase your immunity to any future infection.

However, verruca treatments are available from the pharmacist. These soften the skin and let the infected tissue fall away.

If the infection does not respond to these measures, you should seek further advice from your pharmacist.

## Who can catch them?

Although anyone can catch them, they are most common in school children and athletes. This is because they are often transmitted in communal areas, including swimming pools, showers and changing rooms.

## Should I stop doing sports?

You should carry on with all your normal activities, including swimming and PE.

Keep the verruca covered, perhaps with a plaster. Some medications from the chemist will 'seal' the verruca and help prevent it from spreading.

## Podiatry Services

### Single Point of Access Contact Details:

**Tel:** 0345 602 4064

**Email:** [SinglePoint.OfContact@nhs.net](mailto:SinglePoint.OfContact@nhs.net)