



VERRUCAS

An Information Pack

Great Dunmow Osteopathy & Health

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A Note from Joe Hellier, Clinic Director

In our experience, verrucas are a problem where people leave it far longer than they need to before seeking proper care. They are common, treatable and yet many people put up with the problem for years, trying home remedies that don't quite solve it.

We have written this pack for the patient who wants to understand what is going on before picking up the phone. It explains what verrucas are, what may be contributing to them, and how our programme treats the problem properly.

There are no costs in these pages and no pressure to book - only the information we believe you need to make a considered decision.

If, after reading, you would like to talk to one of our podiatrists, the details for doing so are at the end.

Joe Hellier

Clinic Director, Great Dunmow Osteopathy & Health



Our Approach to Foot Care

We treat foot conditions the way we treat every area of the clinic: with thorough assessment, evidence-informed care and a clear plan from the outset.

Three principles shape our work in this area:

Proper diagnosis first

We do not begin treatment until we have a clear picture of what is going on. Verrucas can sometimes look like other foot problems, and identifying the right cause is the first step. Where appropriate we refer onward - to your GP or another specialist - before, alongside, or instead of treatment with us.

Skilled, evidence-led care

Our verrucas care is delivered by registered podiatrists using the techniques and equipment best suited to the problem. We do not rush appointments and we will tell you honestly if a problem needs a different approach.

Honest, clear advice

You will leave each appointment knowing exactly what we found, what we did, what to do at home and when you need to come back (if at all). Many of the problems we treat resolve in a single visit.

Understanding the Condition

A verruca is a small wart on the sole of the foot caused by the human papillomavirus (HPV). The virus enters through tiny breaks in the skin (often in shared changing rooms, swimming pools or showers) and causes the skin to thicken into a characteristic rough lesion. Verrucas are often mistaken for corns or calluses but typically have tiny black dots (clotted blood vessels) and tend to be painful when squeezed sideways.

A verruca looks like a small, rough, raised lump on the sole of the foot, often with a cauliflower-like surface. You may see tiny black dots (clotted capillaries) within it. Verrucas can be painful when pressed sideways and on weight bearing if they're on a load-bearing area of the foot. Sometimes they appear in clusters (mosaic verrucas) or as satellite lesions around a main verruca.

How it is diagnosed

Diagnosis is straightforward at a clinical examination. The podiatrist looks at the appearance of the lesion, location, any black dots and how it responds to squeezing. We can also tell verrucas apart from corns and calluses (which are often confused) by careful examination.



Contributing Factors

Verrucas almost always has more than one cause. Identifying which factors apply to you is part of the work of the initial appointment.

Verrucas are caused by the human papillomavirus (HPV). You pick up the virus by direct contact through tiny breaks in the skin of your foot. Common transmission points are swimming pools, public changing rooms, gym showers and shared towels. Children catch verrucas more easily than adults because their immune systems haven't yet learned to fight off the virus.



Three Common Presentations

While every case is different, the patients we treat for verrucas most often present with one of three recognisable patterns. Identifying which applies to you is part of the work of the initial appointment.

Single Stubborn Verruca

One verruca that has resisted home treatment for 6 months or longer. May be painful when pressed or when walking.

Verruca needling under local anaesthetic is highly effective for stubborn single verrucas. The procedure breaks up the verruca and prompts the immune system to recognise and clear the virus.

Most single verrucas resolve after one or two needling sessions.

Mosaic Verrucas

Multiple verrucas in a cluster, often on the sole of the foot. These can be quite large and notoriously stubborn.

Mosaic verrucas respond well to verruca needling because the procedure triggers an immune response that addresses the whole cluster, not just the visible verrucas.

Treatment may take more than one session but the success rate is significantly higher than topical or freeze treatments.

Painful or Recurrent Verruca

A verruca that hurts when pressed (you can't stand on it comfortably) or one that has come back multiple times after previous treatment.

For painful or recurrent verrucas we use needling under local anaesthetic. The needling delivers a strong immune stimulus to deeper tissue, prompting the body to clear the virus.

Needling has one of the highest success rates of any verruca treatment.



Our Programme

Our verruca treatment uses evidence-based methods including verruca needling under local anaesthetic and clinical-grade topical care.

Initial consultation

You start with a thorough assessment of the verruca and any other lesions. We confirm the diagnosis, check whether it's a single or mosaic verruca and review any previous treatments you've tried. You'll leave knowing exactly what we recommend and what to expect from treatment.

Treatment course

Verruca needling is the most effective treatment for stubborn verrucas. Performed under local anaesthetic, it breaks up the verruca and prompts the immune system to recognise and clear the underlying virus.

Review and aftercare

For cases where needling isn't suitable we offer clinical-grade topical care that's significantly stronger than chemist remedies.



Care After Your Appointment

Most of the conditions we see can be largely resolved in one or two appointments. After your treatment we give you everything you need to keep the result and stop the problem coming back.

Immediate aftercare

You will leave with a clear written aftercare plan tailored to your treatment. Most patients walk out comfortably and can carry on with their day as normal. Where a dressing or specific footwear is needed we explain everything and provide what you need to take home.

At-home care

We give simple, practical advice on cleaning, moisturising, trimming and footwear that is realistic to keep up day-to-day. Most relapses come from small daily habits, and a few minutes of the right routine can keep your feet healthy long-term.

When to come back

Some conditions need a follow-up to check progress. Others are sorted in a single appointment and we will tell you so. Many of our patients see us regularly for routine maintenance, especially if they have a condition that tends to recur.



Your Next Step

If you would like to book a podiatry appointment or simply discuss your situation in more detail, you can reach us by phone, email or via the booking page on our website.

All initial enquiries are handled by our clinical team. There is no obligation to book treatment after an assessment, and no judgement if it turns out a different approach is the right fit.

We look forward to hearing from you.

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