

**THE MOST IMPORTANT
THING WE DO IS PROVIDE
THE BEST HEALTHCARE
AND MEDICAL SERVICES
FOR OUR PATIENTS
IN A CARING AND TIMELY WAY**

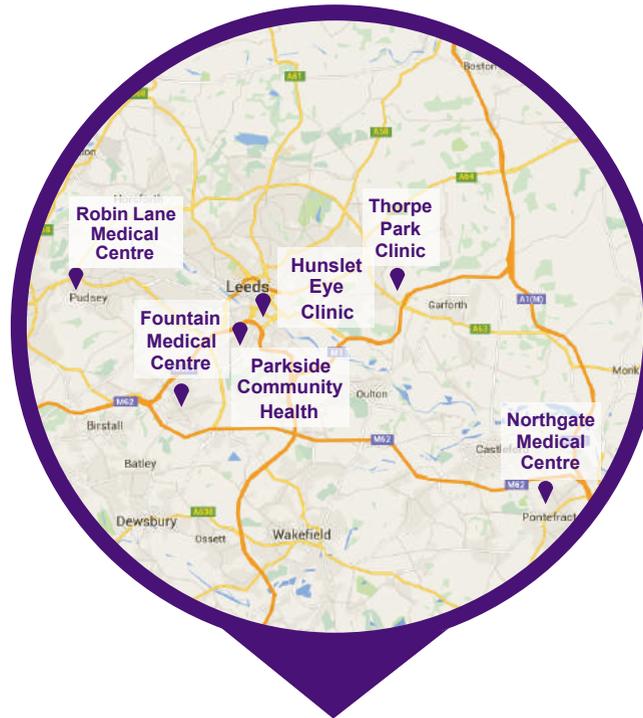
For any further
information on your
appointment or our services,
please call our booking office
number on

0113 249 4655

or email us on

email@livingcare.co.uk

where our friendly and
efficient staff will do
their very best
to assist you



**YOU CAN FIND ALL INDIVIDUAL CLINIC MAPS,
DIRECTIONS AND BUS ROUTES ON
WWW.LIVINGCARE.CO.UK
UNDER 'PATIENTS'**



LivingCare is the trading name for Fountain Diagnostic Limited and Leodis Care Limited. Fountain Diagnostic Limited whose registered office is at 96 Marsh Lane, Leeds LS9 8SR and registered number is 05814528. Leodis Care Limited whose registered office is at 5-7 East Park Road Leeds LS9 9JD and registered number is 06442564



**A GUIDE
FOR
PATIENTS**

PLANTAR WARTS (VERRUCAS)

YOUR APPOINTMENT AT LIVINGCARE.



PLANTAR WARTS PATIENT INFORMATION.

Warts are localised thickenings of the skin, and the term 'plantar warts' is used for those that occur on the soles of the feet (the 'plantar' surface). They are also known as verrucas.

WHAT CAUSES PLANTAR WARTS?

Warts are a form of infection with a virus called the 'human papilloma virus'. There are many different strains of this virus, and plantar warts are usually due to just a few of these strains. Infection of the cells of the outermost layer of the skin (the epidermis) with this virus results in this top layer of skin growing and thickening, creating the non-cancerous skin growth that is a wart. Plantar warts are caught by contact with virally-infected skin scales; these are usually encountered on such surfaces as the floors of public locker rooms, shower cubicles and the tiled areas around swimming pools. However, the virus is not highly contagious, and it is unclear why some people catch plantar warts while others do not. The virus enters the skin through tiny breaks in the skin surface, and moistness and maceration of the skin on the feet probably making infection with the wart virus easier.

ARE PLANTAR WARTS HEREDITARY?

No. Plantar Warts are not hereditary.

HOW WILL PLANTAR WARTS BE DIAGNOSED?

Usually this is easy, and based simply on the appearance. However, sometimes it may be hard to tell a plantar wart from a corn.

One helpful point is that plantar warts interrupt the fine skin ridges on the sole, whereas corns do not. Your doctor may need to pare down the area to be certain of the diagnosis; he/she will be looking for the small black dots which confirm the diagnosis of a viral wart. No other investigations are needed.

CAN THEY BE CURED?

Yes, but no single treatment can be guaranteed to be effective in every case. The highest cure rates are in young people who have not had their warts for very long. However, most verrucas will go away by themselves in due course, so it is very reasonable to leave them alone if they are not causing trouble.

HOW CAN LIVINGCARE TREAT PLANTAR WARTS?

LivingCare provide a Cryotherapy treatment for warts that includes freezing them with liquid nitrogen using either a cotton wool bud or a spray. If the wart is particularly thick, they may pare it down before freezing it. Cryotherapy is ideally, repeated every two/three weeks and a number of freezings may be necessary. It can be painful and may lead to blistering afterwards, therefore, an assessment of whether it is appropriate for small children or not will be made beforehand. Cryotherapy can be combined with the use of a salicylic acid preparation.

The following facts should also be taken into account:

- Warts usually go away by themselves
- Successful treatment of a viral wart does not prevent further warts developing

WHAT CAN I DO?

If you have a plantar wart:

- Never try to cut it out or burn it off yourself.
- Wear comfortable shoes that do not press on it. Do not share your shoes or socks with anyone else. Special pads to relieve pressure on plantar warts can be bought at a chemist.
- Keep your feet clean and dry, and change your socks daily.
- Do not go barefoot in public places. Plantar warts should be covered with waterproof plasters or rubber 'verruca socks' if you go swimming.
- Do not pick at your plantar warts. When you pare your wart down, dispose of the dead skin carefully. The sand paper or emery board will also have living wart virus on it, and so do not use it for any other purpose, or you may spread the virus.
- When paring or filing down warts, take care not to damage the surrounding skin, as doing so might result in the warts spreading.
- If you have children, check their feet periodically for viral warts.

Information taken from (BAD) The British Association of Dermatologists

**MISSED PATIENT APPOINTMENTS
ARE COSTING THE NHS
A HUGE 7 BILLION POUNDS
PER YEAR!**

If you are unable to make your appointment - please contact us on **0113 249 4655** or text **07713 198617** and we will happily rearrange or cancel for you.



