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What is a verruca?

A verruca is a wart on the foot. They are caused by the Human Papilloma virus which can easily spread to other areas of the foot or other people. Left untreated verrucae have the potential to get bigger and can cause pain.

What does a verruca look like?

If there is a new area of hard skin on the bottom of your foot that you have not noticed before, one possible cause could be a verruca. It is not always straight forward and easy to identify a verruca, as they do not all appear alike. In order to diagnose your problem correctly it is best to have it examined by a podiatrist. Verrucae can easily be mistaken or confused with corns.

What is cryosurgery?

Cryosurgery is a form of treatment used to treat verrucae. It utilizes an extremely cold gas called nitrous oxide to break the cell membranes of the verruca cells. This eventually leads to the death of the verruca cells and the removal of the verruca. Cryosurgery is effective in treating verrucae in 80% of cases.

Because cryosurgery uses an extremely cold gas to freeze the verruca it can be a relatively uncomfortable treatment. We can provide a local anaesthesia to numb your foot to minimize the discomfort. The use of local anaesthesia will prohibit you from driving. We can arrange a taxi to transport you home.

What to expect after your Cryosurgery

Following cryosurgery the treated area can be tender, throbbing and painful for 7-10 days. This is a normal reaction. The podiatrist will provide you with the appropriate pain relief medication. If you have any concerns following the treatment please contact the clinic to speak to the podiatrist.

About 10% of Cryotherapy treatments cause a very large blister, which can be filled with clear fluid or blood. **DO NOT** be alarmed, this is normal. However, it is best to ring Fitter Feet and book an appointment to have the area drained of fluid. You will also be given dressings and advice on how to look after the area. There is no additional fee for this care.

If you are worried that you have an infection, please ring to book an appointment when we can reassure you, or issue you antibiotics if necessary. There is no additional fee for this care. Appointments are available every day apart from Sundays and Bank holidays.

Follow up appointment

A follow up appointment will be scheduled four weeks after your cryosurgery appointment to remove the dead verruca. Cryosurgery is a highly effective form of verruca treatment, however some verrucae can be deep in the tissue and may require further sessions of cryosurgery.

Your podiatrist will discuss your treatment options if a small part of your verruca remains.

