



## Self-care Information

# Warts & Verrucas

Tips on how you can self-manage warts & verrucas.

**“Supporting you to look after you & your family”**

### Key Points:

- Keeping your feet and hands clean and dry.
- Change your socks daily if you have a verruca.
- Cover warts and verrucas with a waterproof plaster or a verruca sock when swimming.
- Wash your hands after touching a wart or verruca.

Speak to your local pharmacy for advice on over the counter medicines.

## What does a wart and verruca look like?

### Warts

Warts are small lumps that may appear on the skin.

Warts don't spread easily, but they can be passed on from person to person through close skin contact or contact with objects or surfaces that have touched a wart.



### Verrucas

Verrucas are a type of wart that affects the bottom of the feet.



## What can be done to treat a wart or verruca?

### Your local community pharmacy can help with warts and verrucas



- You can buy creams, gels, plasters and sprays from pharmacies to treat warts and verrucas. Ensure you read the instructions carefully before using.
- These treatments can take up to 3 months to complete, may irritate your skin and do not always work. You should not use these treatments on your face.

**Let your pharmacist know if you take any other medicines, have other health conditions i.e. diabetes, are pregnant, have any allergies or are buying for a child (some products may not be suitable for young children).**



## To help prevent warts and verrucas from spreading.

### You could try...

- ✓ Keeping your feet and hands clean and dry.
- ✓ Changing your socks daily if you have a verruca.
- ✓ Cover warts and verrucas with a waterproof plaster or a verruca sock when swimming.
- ✓ Wash your hands after touching a wart or verruca.



### Try not to...

- ✗ Share towels, flannels, socks and shoes.
- ✗ Bite your nails or suck your fingers with warts on.
- ✗ Go barefoot in public places.
- ✗ Scratch or pick at warts or verrucas – this may spread the infection to other parts of your body.
- ✗ Cut your warts when shaving as this can spread them.



### When to seek advice

- Your wart bleeds or changes appearance.
- you have a wart or verruca that keeps coming back.
- you have a very large or painful wart or verruca or lots of them.
- you have a wart on your face or genitals.

### Here are some links to further information:

Look at the NHS Website: <https://www.nhs.uk/conditions/warts-and-verrucas/>

For a Patient Website: <https://patient.info/skin-conditions/warts-and-verrucas-leaflet>

For more advice visit your local pharmacy.



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