

VERRUCAE NEEDLING



OFFICIAL SUPPLIERS TO

Welsh Netball
Pêl Rwyd Cymru



At our Cardiff clinic we are fully equipped to perform all aspects of chiropody treatment. As specialists in general foot care we provide toenail cutting, corn and callus reduction, management of ingrowing toenails, verrucae treatment and numerous other treatments.

Here at ACE we ensure our Podiatrists are qualified to offer the latest evidence based treatments to treat your foot condition effectively.

All of our Podiatrists are degree-educated with a BSc (Hons) in podiatry and have accreditation from the Health Care Professionals Council and the Society of Chiropodists and Podiatrists.

WHAT IS A VERRUCA?

A verruca is a harmless virus that lives in the layers of the skin, it comes from the same family as warts. Verrucae (multiple) often present with small black dots which are blood capillaries and can be rough in appearance, they are contagious and can sometimes be painful, uncomfortable and unsightly causing embarrassment.

Verrucae are caused by the human papilloma virus (HPV) they spread when the skin comes into contact with contaminated areas. If you have a weakened immune system or stressed, you may be prone to verrucae. Verrucae are often found in communal areas such as swimming pools, gyms and changing areas. The virus skin cells are found on the floor which is then passed onto others in the same area. Verrucae are especially painful or uncomfortable if they are on the sole of the foot.



WHAT IS VERRUCAE NEEDLING?

Verrucae needling was first described by Gordon Falknor in 1969. The process involves causing physical trauma to the area using a sterile needle, the aim is to reintroduce the verruca cells into the blood stream to gain an immune response.

IS NEEDLING FOR ME?

If you have a long-standing verruca this treatment could be for you.

When you come for an assessment a check list will be completed to ensure you are suitable for needling.

You will NOT be suitable if you suffer with the following:

- [Uncontrolled Diabetes](#)
- [Immuno-compromised conditions](#)
- [Taking blood thinning medication](#)
- [Taking steroids](#)
- [History of liver or kidney complaints](#)
- [History of problems with local anaesthetic](#)
- [Pregnant.](#)



WHAT CAN I EXPECT AT MY APPOINTMENT?

The needling procedure is carried out under local anaesthetic to numb the affected area. As soon as the patient and podiatrist are happy the area is numb a sterile needle is used to puncture the verruca multiple times causing trauma & bleeding to the area. The aim of this is to infect the deeper cells with the verruca virus to stimulate an immune response.

In cases of multiple verrucae only the largest lesion will need to be treated, this should result in the spontaneous resolution of all verrucae. Usually the verruca needling is only needed once, however in some cases this treatment may need to be repeated.

After the treatment the lesion usually looks like a blood blister and may experience minor/mild discomfort & pain. The lesion will be dressed with a sterile dressing and padding to deflect pressure off the area for the first 48 hours. A scab will form which will take around 4 weeks to fall off.

You will be reviewed in 1 week and again in 8 weeks. No treatment can guarantee verrucae to resolve, however there is evidence to show that needling is successful in many cases.

You will not be able to drive to your needling appointment as you will be given a local anaesthetic in your foot and this can void your car insurance.



HOW MANY TREATMENTS WILL I NEED?

You will need an assessment appointment by a podiatrist to ensure you have the correct diagnosis of a verruca and suitable for needling treatment. This will then be followed by 3 appointments. The first appointment will be the needling procedure, we will then see you 1 week later to review the area and debride any uncomfortable eschar and deflect pressure. The third appointment will be 8 weeks later for final inspection to review if the verruca has resolved.

THE EVIDENCE BEHIND VERRUCAE NEEDLING

Longhurst B, Bristow I

The Treatment of Verrucae Pedis Using Falknor's Needling Method: A Review of 46 Cases.
Journal of Clinical Medicine. 2013 Jun; 2 (2) 13-21.

GW Falknor

Needling--a new technique in verruca therapy. *Journal of the American Podiatric Medical Association: February 1969, Vol. 59, No. 2, pp. 51-52.*

WE ALSO OFFER CHIROPODY WHICH INCLUDES:

Our experienced HCPC registered Podiatrists will give your feet a thorough examination, assess your foot health and provide professional advice on general care and appropriate footwear.

- [Nail care and reduction](#)
- [Nail surgery](#)
- [Hard skin \(callus\) and cracked heel reduction](#)
- [Corn reduction/removal](#)
- [Verruca treatments](#)
- [Advice on general foot health](#)
- [Diabetic foot health advice](#)





Sanatorium Road
Canton, Cardiff
CF11 8DG

T: 0800 622 6789
E: ace@feetinmotion.co.uk

Please visit our website to learn more about us:

www.acefeetinmotion.co.uk

 [feetinmotionace](https://twitter.com/feetinmotionace)

 [Ace Feet in Motion](https://www.facebook.com/Ace-Feet-in-Motion)

 [acefeetinmotion](https://www.instagram.com/acefeetinmotion)