

This leaflet gives general advice. For further information please ask either the nursing or medical staff who are providing your care and treatment or contact the Infection Prevention and Control Team on 01386 502552.

If you would like this leaflet in a different language, larger print size, in audio, Braille or any other format please contact the PALS team by phone on ☎01905 760020;

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Worcestershire  
Health and Care  
NHS Trust



## VERRUCA

*What is it?*

*Your questions answered*

**An Information Leaflet  
for  
Patients and Staff**

## **WHAT IS IT?**

A Verruca is a type of wart caused by a virus.

## **HOW DO YOU KNOW SOMEONE HAS IT?**

A Verruca is a black spot which can vary in shape and size. Often the skin will be slightly raised and hardened and the contour lines of the skin will deviate around the spot. Sometimes it is painful to stand or walk on verruca(e).

## **IS IT INFECTIOUS?**

Yes. Verrucae are infectious. They are probably spread on damp or wet surfaces, eg shower, swimming pool. School age children and young adults are more often affected. They may also be spread during other bare foot activities such as gymnastics.

## **WHAT IS THE INCUBATION PERIOD?**

2-3 months is common but it can be longer. (The time taken from contact with the virus to infection.)

## **IS THERE ANY TREATMENT?**

Verrucae normally disappear without any treatment within months to years. If the Verruca is painful, very large or there are lots of them, then treatment might be necessary. It is best to first arrange a visit to your GP before buying treatment over the counter. Your GP may treat you or refer you on to a Podiatrist/Chiropodist or hospital outpatient department.