

Verruca Needling Information

Bounce Podiatry, 2b Ashness Road (Entrance on Webbs Road), London, SW11 6RY

07983 495 831 www.bouncepodiatry.co.uk info@bouncepodiatry.co.uk

On the day of procedure:

- Attend in your normal footwear and bring a pair of flip flops to accommodate any dressings.
- Eat normally throughout the day and drink plenty of water.
- Please inform the Podiatrist if your medication or medical history needs updating i.e. you take blood thinners, are diabetic.
- Please plan to get home preferably by taxi. Car insurance is invalid due to the use of local anaesthetic.
- You should not require any time off work but are advised to elevate the foot for a few hours after the procedure.

The Procedure:

- Is performed under local anaesthesia injection (Mepivacaine 3%) as a nerve block, digital block or local infiltration according to the location of the lesion chosen for needling.
- Falknors technique is intended to break down the verruca, using a sterile hypodermic needle, to puncture the verruca tissue to full depth and create a controlled inflammatory response which, in turn, stimulates the body's immune system to fight the Human Papilloma Virus (HPV) infection. 70% resolution is expected at 12 weeks. Subsequent needling is available if deemed required.
- A sterile dressing will be applied, with necessary padding to offload the area.
- The appointment lasts up to 45 minutes.
- The initial dressing needs to stay dry and in place for 24-48hrs to reduce risk of infection.

After the procedure:

- The verruca area or foot will be numb for approximately 1-2 hours after procedure.
- Elevate the foot for a few hours to aid healing.
- Post operative pain is described as deep bruising.
- You may take painkillers if required, but preferably not ibuprofen which is an anti-inflammatory and will dull the inflammatory response that we are trying to activate. Aspirin, as a blood thinner, should be avoided too.
- Keep the post op dressing clean and dry for 24-48 hours until your follow up appointment where the procedure site will be checked for infection, and a new sterile dressing applied.
- The Verruca site will need to be redressed by yourself with a sterile dressing each day for 5 days following soaking the foot in salt and water for 5 minutes at home. (You will be provided with a dressing pack including dressings for 7 days only)
- The Podiatrist will review your verruca again in 6 weeks and 12 weeks to assess resolution. 70% resolution is expected at 12 weeks. Subsequent needling is available if deemed required.
- Report any signs of infection to your Podiatrist or GP immediately (Redness/Heat/Swelling)
- Avoid exercise and swimming for 1 week to ensure good healing.

Side Effects:

Although side effects are uncommon, infection is the largest risk. Infection will normally show as an increase in pain, redness, or heat. If you suspect you may have an infection, then contact the clinic on 07983 495 831 or your GP immediately. Other known uncommon side effects include severe reaction to local anaesthetic, severe infection of the bone or surrounding tissue, excess bleeding, nerve damage, bruising, nail deformity, regrowth or nonresolution of the verruca and delayed healing.

