

## Self Care Information for Patients: Warts & Verrucas

### Summary

Warts and verrucas are small lumps on the skin that most people have at some point in their life. Most warts and verrucas will eventually clear up without treatment. They can easily be treated with simple over-the-counter medication.

- Warts feel firm and rough. They can appear on palms, knuckles, knees and fingers.
- Verrucas appear on your feet. They have tiny black dots under the hard skin.

Speak to your pharmacist about how they can support you manage this and give you advice about the best treatment for you.

### What can you do to help?

- Wash your hands after touching a wart or verruca.
- Change your socks daily if you have a verruca and do not walk barefoot in public places.
- Cover warts and verrucas with a plaster or clear nail varnish when swimming.
- Don't share towels, flannels, socks or shoes if you have a wart or verruca.
- Don't bite your nails or suck fingers with warts on.
- Don't scratch or pick a wart and take care not to cut a wart when shaving.

### When shall I see a General Practitioner (GP)?

- If you're worried about a growth on your skin.
- If you have a wart or verruca that keeps coming back.
- If you have a very large or painful wart or verruca.
- For a wart that bleeds or has changes in how it looks.
- If you have a wart on your face or genitals.
- If you have a condition with poor circulation to the feet, e.g. diabetes.

### Document History

#### Version: V1.1

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Approved by: Integrated medicines optimisation committee (IMOC)

Approval date: **November 2021**

Review Date: 2 years from approval date or sooner where appropriate.