

Verrucae

Other formats

Verrucae, or foot warts, are generally found on the bottom surface of the foot.

A verruca looks similar to a corn but has a coarse roughened surface, often with black dots.

It is usually surrounded by hard skin, and not well defined.

The colour is usually paler than the usual tone of the skin.

A verruca is approximately 1cm in diameter, but can be larger.

It may have many small verrucae surrounding it.

All verrucae are caused by the human papilloma virus.

Excessive moisture or dryness of the skin can lead to small cracks on the surface. This can give the virus the opportunity to enter the skin.

You are more likely to catch a verruca in places where you go bare foot. For example, swimming pools, showers or changing rooms.

Verrucae often feel like small stones under the foot.

They are not usually painful unless squeezed from the sides, or direct force is applied to them.

They can spread to other areas of the foot, and sometimes to the hands.

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