



# Dry Needling for Verrucae

How you should be involved in decisions about your healthcare and treatment.



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## Who is this leaflet for?

This leaflet is for patients considering dry needling to treat their verrucae.

## What is this leaflet about?

This leaflet will provide you with the required information to help you decide whether you want to proceed with dry needling.

## What are verrucae?

Verrucae are plantar warts that commonly occur on the soles of the feet or around the toe area. They are caused by the Human Papilloma Virus (HPV) which is highly contagious. The HPV virus is thought to thrive in damp environments such as swimming pools and communal shower areas. It is possible to contract verrucae simply by walking across the same floor area as someone with a verruca.

## What happens during the procedure?

Dry needling involves the administration of a local anaesthetic to ensure the area is completely numb. With a sterile needle, the verrucae tissue is repeatedly punctured. This causes a physical breakdown of the verrucae tissue in the skin and prompts an immune response. Prior to receiving this treatment, it is important you stop taking any anti-inflammatory medication 3 days before and after treatment.

## What happens after the procedure?

After the procedure a sterile dressing is placed over the wound. If the area becomes uncomfortable, the sterile dressing can be removed and redressed with an adhesive plaster. At this stage you will see a red/brown discolouration appear underneath the skin, this is dried blood and completely normal.



## When is dry needling required?

You may require the procedure if you have painful or longstanding verrucae which have not responded to any other treatment, for example, treatment with acids.

## What are the potential benefits and risks of the procedure?

By destroying the verrucae, this will potentially reduce the risk of the verrucae from spreading. As with any minor surgical procedure, there are a few potential risks. These may include infection affecting the site of injection or dry needling; adverse reaction to the local anaesthetic or the procedure may not cure your verrucae, there is no guarantee of cure for any verruca treatment.

**Self Management:**  
Seek advice from your  
local pharmacy.



## Are there safer or alternative treatment options?

If you feel you do not want to receive dry needling to manage your verrucae, other options may include self management of the verrucae using ointments and gels from your local pharmacist. You will be discharged from the Podiatry Service and your GP informed of your decision.

## What will happen if the verruca is not treated?

Depending on the location of your verrucae, further complications may develop if you do not receive treatment, this may include:

- **Increased pain from overlying hard skin covering the verrucae.**
- **Spreading of the verrucae to other sites on your feet.**
- **Spreading of the verrucae to other family members.**



An example of verrucae on a patients foot.







For further information and advice please contact:

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