

## Warts on the hand

- 1mm to 1cm in diameter.
- Caused by the HPV virus which causes skin cells to grow quickly.
- Small, skin coloured, excess growths of skin often with a 'cauliflower-like' appearance on the surface.
- May be singular or form in clusters.
- Warts are transmitted through direct contact. Avoid picking or biting warts to prevent further spread to other areas of skin.



## Verrucas on the foot

- On the sole of the foot, most commonly on ball of foot.
- Caused by the HPV virus which causes skin cells to grow quickly.
- Appear as areas of flat, thickened skin with a hardened 'collar' surrounding the lesion.
- Rough surface, may have black dot in the middle.
- From 1mm to over 1cm in diameter.
- May be singular or form in clusters (mosaic verrucas).
- Avoid sharing shoes, socks or towels to prevent transmission to others.
- Sandals or flip-flops should be worn in communal showering areas, such as at the pool or the gym to avoid transmission to others.

## Treatment advice for Salatac Gel and Salactol

- Always read the leaflet carefully before use.
- Once every day, usually in the evening, soak wart or verruca in warm water and pat dry before applying the treatment.
- Be careful to place treatments directly onto the wart or verruca and avoid surrounding skin.

### If using Salatac Gel

- The gel dries to form a waterproof barrier over the wart/verruca painlessly.
- **Once a week**, before applying the treatment, gently use an emery board or pumice stone to remove rough skin.

### If using Salactol

- **Daily**, before applying the treatment, gently rub the surface of the wart, verruca, corn or callus with a pumice stone or manicure emery board to remove any hard skin.
- A plaster may be needed to cover the area to avoid transmission to others.

## General advice

- There is no reason why those with warts or verrucas shouldn't take part in activities such as sports or swimming. If treatment doesn't form a waterproof barrier over the wart, then a plaster may be needed to cover the area to avoid transmission to others.
- Do not pick out black dots. This is blood which can contain HPV and may cause warts or verrucas to spread.
- Avoid direct contact with warts on other people or on other parts of the body.
- Do not let anyone else use your emery board or pumice stone.