

Warts on the hand

- 1mm to 1cm in diameter.
- Caused by the HPV virus which causes skin cells to grow quickly - contagious.
- 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 - contagious.
- 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 with others 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 / label carefully before use.
- Everyday, 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 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.
- Once a week, before applying the treatment, gently use an emery board or pumice stone to remove rough skin. Do not let anyone else use the emery board or pumice stone.
- Do not pick out black dots. This is blood which can contain HPV and may cause warts or verrucas to spread.

General advice

- Avoid direct contact with warts on other people or on other parts of the body.
- There is no reason why those with warts or verrucas shouldn't take part in activities such as sports or swimming. If the treatment used does not form a waterproof barrier a waterproof plaster may be used over the wart or verruca to reduce the risk of transmission.