

Feet Focus Community Footcare

NHS podiatry in Cambridgeshire is accessible to those that meet a certain criteria. However, for those people that don't meet this criteria they may want or need to access a foot care service. Feet Focus Community Footcare is a low cost foot care service to meet the local need. It is a fee paying service that uses HCPC registered Podiatrists and College of Podiatry trained foot care assistants to deliver nail cutting and callus/corn care.

There are two charges for services depending on your requirements:

- £20 for nail cutting and nail care including reducing the thickness of nails or for the reduction of hard skin and corns
- £25 for treatment of both nail care and for the reduction of hard skin and corns.

Feet Focus Clinics currently in:

- Oaktree Centre, Huntingdon
- Ramsey Road Clinic, St Ives
- Ramsey Health Centre, Ramsey
- Princess of Wales Hospital, Ely
- Chesterton Medical Centre, Cambridge
- Brookfields Health Centre, Cambridge
- Shelford Medical Centre, Great Shelford
- City Health Clinic, Peterborough

For further information about this service contact:

Tel: 03307 260077

Email: cpm-tr.podiatry@nhs.net

Cambridgeshire and Peterborough NHS Trust

Tel: 01223 726789

Email: communications@cpft.nhs.uk

Website: www.cpft.nhs.uk

Patient Advice and Liaison Service

For information about CPFT services or to raise an issue, contact the Patient Advice and Liaison Service (PALS) on Freephone 0800 376 0775, or e-mail pals@cpft.nhs.uk

Out-of-hours service for CPFT mental health service users

Please call **NHS 111** for health advice and support.

If you require this information in another format such as braille, large print or another language, please let us know.

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NHS

Cambridgeshire and
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NHS Foundation Trust

Verruca



Warts and Verruca Information

Warts and verrucas are viral infections that presents as small lumps on the skin. They usually go away on their own but may take months or even years.

Should warts and verruca be treated?

For most people there is a strong case for not treating warts or verruca.

- They do not usually cause symptoms.
- They will usually resolve spontaneously within months or, at the most, within 2 years. However sometimes in adults it may take 5-10 years to resolve.
- Treatment may be prolonged and can have adverse effects.
- Cryotherapy requires several treatments, can be painful at the time of application, and may cause pain, blistering, infection, scarring, and depigmentation.
- Topical salicylic acid may require administration for up to 12 weeks and can cause local skin irritation.

Advice

Although warts and verruca's can be cosmetically unsightly, they are not harmful; usually they do not cause symptoms, and resolve without treatment.

Verruca's are contagious, but the risk of transmission is thought to be low. To reduce the risk of transmission:

- Cover the Verruca with a waterproof plaster when swimming. The Amateur Swimming Association (ASA) states that the use of swimming socks should be discouraged and that a waterproof plaster is sufficient.
- Wear flip-flops or other appropriate foot wear in communal showers.
- Avoid sharing shoes, socks, or towels.
- Avoiding scratching lesions.
- Keeping feet dry and changing socks daily.
- Children with verruca should not be excluded from activities such as sports and swimming, but should take measures to minimize transmission.
- NHS Choices and the British Association of Dermatologists websites for more information

Verruca Treatment

Consider treatment if:

- If painful
- It is cosmetically unsightly

Which treatments are recommended in primary care for verruca?

For adults and older children, treatment depends upon what has been tried already and what the person prefers. Options include:

- Topical salicylic acid (15–50%) applied daily for up to 12 weeks.
- Cryotherapy with liquid nitrogen (usually carried out every 2 weeks for up to 3–4 months until the verruca is gone, or for a maximum of 6 treatments). Cryotherapy is only suitable for older children who are likely to tolerate this treatment.
- Combination therapy with salicylic acid and cryotherapy
- For younger children, treatment with topical salicylic acid applied daily for up to 12 weeks. Cryotherapy is not suitable for younger children.