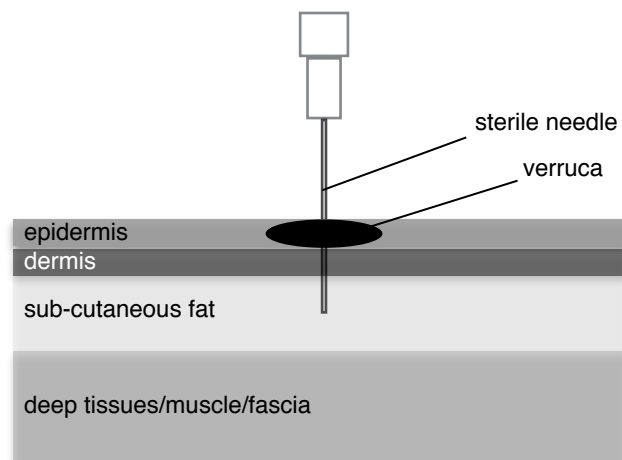


Falknor's Needling for Verrucae

Needling is an innovative and effective treatment for verrucae, which are benign types of the Human Papilloma Virus (HPV) group. The treatment has been around for over 45 years and is used routinely with great success by practitioners internationally.

Needling is different from most other treatment modalities (such as freezing or acids) in that it only requires one, or occasionally two, applications. 24 hours after treatment you can shower as normal without the need to keep bulky dressings dry, and redressing are generally required only for a few days. You can quickly continue with normal daily activities. This treatment is therefore particularly suited to busy, active patients.

What happens during the appointment? First, you and your podiatrist will choose which verruca to needle. This might be the one that hurts the most, the first one to have appeared, the one that you least like the look of or the one that is easiest to anaesthetise. Then your podiatrist will make the area numb with local anaesthetic. This might be via a nerve block - this means a large area of your foot will be made numb, or it might be easier to put some anaesthetic just around the verruca. It takes a while for the anaesthetic to work - bring a book as your podiatrist might put you back in the waiting room with the comfy chairs. Once the verruca is completely anaesthetised, the verruca is punctured with an empty sterile needle many times.



How does it work? The tricky thing about verrucae is getting the immune system to know they are there. The needling introduces the virus to the tissue beneath the skin, an area that is rich in immune regulators. This means that the virus becomes visible to the immune system and the body can begin to destroy the virus. As this immune response is often systemic, the treatment of only one verruca is required.

What happens after the treatment? A dressing is put on your foot, you'll be advised to rest for the remainder of the day and you'll be given a follow up appointment. Don't take any anti-inflammatories such as ibuprofen - you don't want to dampen down the inflammatory response! Aspirin can have some anti-inflammatory properties, so is also best avoided. Paracetamol is generally sufficient for pain relief. Paracetamol should be sufficient for pain relief.