



## **Verrutop - Patient Information**

### **What is Verruca?**

A verruca is the name for a wart located on the foot. It is a skin infection caused by The Human Papilloma Virus. The virus invades the outermost layer of the skin (epidermis). It usually appears as a plaque of hard skin with a rough surface texture and can have black dots (blood vessels) scattered throughout. Verruca can be painful and look unpleasant. However, they are otherwise completely harmless.

### **What is Verrutop?**

Verrutop is a Class 2A Healthcare Product, which should only be used by a qualified medical professional.

It is a topical solution based on a unique combination of three organic acids: lactic, acetic, and oxalic, which are combined with copper and zinc salts plus nitric acid to produce "Nitric Zinc Complex".

The Nitric Zinc Complex acts to mummify and desiccate the verruca cell tissue, helping trigger cell death.

### **How does it work?**

The Nitrizinc Complex triggers and accelerates two key processes, Desiccation and Denaturation. Verrutop is not a caustic agent; instead its combination acts together to produce nitrites, which weaken the structure of viral proteins and dehydrate the verruca. This disrupts the viral replication process and leads to cell death.

### **How effective is Verrutop treatment?**

A study involving 200 patients with 766 verrucae demonstrated an 89.3% clearance rate within 6 treatment sessions.

### **What can I expect if I have Verrutop treatment?**

Patients will first have a thorough assessment. During this appointment the podiatrist will assess if you are suitable for Verrutop.

Firstly, the overlying hard skin will be removed with a scalpel (this is usually painless, it may sometimes bleed, which is normal). The Verrutop liquid is applied directly to the verruca/verrucae to be treated. The process is repeated a few times and then left to dry.

Please note that you may need more than one treatment session to fully clear the verruca.

### **Is the treatment painful?**

Verrutop treatment is usually completely painless. In some people a burning or stinging sensation may be experienced but this is temporary and subsides the same day.



### **What can I expect after?**

Verrutop aims to slowly shrink and clear the verruca over the course of treatment.

Between appointments, it is necessary to wipe over the treated verruca with surgical spirit twice a day between sessions. This aids the drying effect on verruca, and if this is not done the effectiveness of the Verrutop is reduced. It is also advised to avoid long soaks in the bath/shower or similar for this same reason, and also to not touch or pick the area between treatments.

It is normal for the verruca tissue to change colour to yellow, brown or black after the treatment.

### **How many appointments will I need?**

The manufacturer states that most individuals require 3-6 sessions of which each session is carried out every 1-2 weeks to eradicate the verruca. It is usually not advisable to have more than 6 treatments. If the verruca has not cleared after 6 treatments then the podiatrist will discuss the other options going forward.

### **Who is suitable for treatment?**

Verrutop is a safe topical treatment.

- Verrutop should not be used:
- On healthy skin
- On tumours, keloid scars or flat warts
- On children under the age of 6 years
- On women who are pregnant or breast feeding
- On patients with impaired circulation or sensation
- On patients already using other topical treatments
- On patients already undergoing other skin treatments, e.g. skin cancer

Verrutop is best suited for either raised verruca/warts which occur on the top of the foot or toes, or smaller more superficial verruca. If someone has a large, long-standing verruca, other treatment options may be indicated.