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Duct Tape Regime for the Treatment of Verrucae

Place a piece of duct tape over the area of the verruca and cover with zinc oxide tape. Try not to cover too much good skin.

Leave the tape on for 6 days during showers and baths. If the tape falls off, replace it with another piece.

Remove the tape after 6 days and bathe the foot in a bowl of salty water.

The verruca skin should take on a white and soggy appearance, this is called macerated skin. File with a metal file or scrape the macerated skin with a pumice stone. When using a metal file or pumice, wash it in very hot soapy water afterwards. When using an emery board, use it once only and discard it.

Leave the tape off overnight and put a new piece of duct tape on the next day and repeat the process.

The object of using duct tape, as with any verruca treatment, is to change the environment the verruca lives in, which helps to kill it off eventually.

Repeat this process for 6-12 weeks.

Note:

Verrucae can spontaneously come and go. Try not to touch the verruca with your hands or fingers as the virus can spread. Painting the verruca with nail varnish can reduce the risk of someone else from catching it. Verrucae can exist for years in the skin.

Taking a vitamin supplement with zinc may help boost the immune system to fight the virus.

There is a homeopathic remedy called Thuja that is for verrucae. It can be bought from the

*Ainsworth Homeopathic Pharmacy Tel: 0207 935 5330 Website: www.ainsworths.com or
Helios Homeopathy Tel: 01892 537254, Email: orders@helios.co.uk www.helios.co.uk*