

## Accessing the Podiatry Service

You can be referred by your GP or consultant, social care team, relatives or carers, practice nurse or district nurse. You can also self refer by completing a referral form available from your local community health centre, GP practice or the CSH Surrey Referral Management Centre.

E: CSH.Referrals@nhs.net  
T: 020 8394 3868

## Who do we see?

We accept referrals for people who might be at risk from any of the following:

- Diabetes
- Anticoagulant therapy (eg Warfarin)
- Weakened immunity (eg undergoing chemotherapy)
- Peripheral vascular disease
- Peripheral neuropathy
- HIV / Hepatitis B
- Inherited conditions (eg hyperkeratosis)
- Rheumatoid arthritis
- High dose steroid therapy.

We also accept referrals for those who have:

- In-growing toenails
- Functional problems
- Sports injuries
- Foot ulcers
- Severe sepsis
- Severe corns or calluses
- Severe foot deformity.

Please note: CSH Surrey is not funded to provide toenail cutting, treatment of minor corns and calluses, or foot problems not associated with specific medical conditions.

## Need to contact the service?

Please go via the Referral Management Centre (details in the Accessing the Podiatry Service section).

## Your experiences

CSH Surrey is committed to putting people first and continually improving services through listening and responding to feedback. To share your experiences, please:

Call: 020 8394 3846/43  
Email: CSH.Feedback@nhs.net  
Or write to the Head Office address below.

## Large print, audio format or another language

Call 020 8394 3846/43  
or email CSH.Communications@nhs.net  
to receive this information in large print, audio format or another language.

## General enquiries

Visit [www.cshsurrey.co.uk](http://www.cshsurrey.co.uk) for information and contact details for all other CSH Surrey services.

### A heart in the community

CSH Surrey, proud to be part of the CSH Group. As a social enterprise, CSH makes profit to benefit local communities and to enhance its health and care services.



CSH Surrey, Head Office  
Ewell Court Clinic, Ewell Court Avenue  
Ewell, Epsom, KT19 0DZ

Company registered number 5700920

# Steps to fitter feet:

## Verrucae

Information for patients,  
carers and relatives

## Better healthcare together

CSH Surrey, providing NHS community nursing and therapy services in the homes, schools, clinics and hospitals in the heart of Surrey since 2006.

## What is a verruca?

- A verruca is simply a wart that is usually found on the soles of your feet, though they can also appear around the toes
- The classic appearance is cauliflower like, sometimes containing small black dots which are caused by small blood vessels
- A verruca can grow to 1.5cm (half an inch) in diameter and may spread into a cluster of small warts
- Verruca are harmless but in some circumstances they develop on a weight bearing area of the foot where they are likely to be painful. Hard skin may then form over the top.

## How do you get them?

- Verrucae are caused by the human papiloma virus (HPV)
- This virus is very contagious, but can only be caught by direct contact
- It thrives in warm, moist environments such as swimming pools, changing room floors and bathrooms
- If an infected foot deposits skin cells onto the floor then it is possible to walk across the same floor and pick up the virus, especially if your skin is cut or scratched.

## How can I treat my verruca?

- Do not self-treat if you have diabetes or circulation problems
- However, if you are fit and healthy, it's fine to treat yourself with over-the-counter gels and ointments
- Ask your pharmacist for advice and follow the instructions carefully
- If, at any stage, your verruca becomes painful or the skin surrounding it becomes red, stop treatment immediately and see a podiatrist for any further treatment
- Using a pumice stone and then applying a plaster can help stimulate your immune system to fight verrucae.

## How do I know if I've got a verruca or a corn?

- A simple diagnostic test is to pinch the skin (like you would squeeze a spot) where you think you may have a verruca
- If it hurts, you may have a verruca. Corns tend not to hurt if you pinch them, but hurt if you press them
- Pressing a verruca is generally painless. If you are still unsure, before starting treatment, see a podiatrist or speak to your local pharmacist.