

Tiptoe Foot Care

Chiropody and Podiatry - Price List

Nail cutting	£25
Routine chiropody	£40
Combined podiatry & 10 minutes reflexology	£50
Initial verruca assessment	£40
Ulcers and redressing	£40
Nail surgery	from £275
Temporary insoles	from £40
Permanent insoles	from £250
Home visits	from £50
15-minute taster reflexology session	£15
40-minute reflexology session	£45

Consultation and treatment is by appointment only, and is on a private basis. All fees are payable at the time of consultation.

*This price list operates for all branches except the Hendon Branch. Please call the Branch for more details.

24 hours notice is required for cancellation of an appointment otherwise a fee may be charged. We operate a 24-hour answering service.

CONTACT US TODAY TO MAKE AN APPOINTMENT

East Barnet Clinic
19 Longmore Avenue,
East Barnet,
Herts EN4 8AE
020 8441 4213

Potters Bar Clinic
AJ Dental Clinic
29 Southgate Road,
Potters Bar,
Herts EN6 5EA
01707 658654

Palmers Green Clinic
North London Health Centre,
Broomfield Avenue,
Palmers Green N13 4JJ
020 8886 3631

Hendon Clinic
Laboratory Spa & Health Club
1 Hall Lane
London NW4 4TJ
020 8201 5500

www.tiptoefootcare.com
HPC and State Registered Podiatrist
Bupa Recognised

Your Guide to the Care & Treatment of Verrucae



Tiptoe
Foot Care

Your Feet in Our Hands

Your Guide to the Care and Treatment of Verrucae

What is a verruca?

A verruca is a viral infection of the skin on the foot, also known as a wart. They can vary in size and appearance depending on the viral strain of the verruca. Sometimes several verrucae appear on the foot and may be present on your hands as well. A verruca normally start to appear as a speckled area and grows very rapidly. It can be painful if pinched or when pressure is applied on it directly e.g. on the heel area.

How can you get a verruca?

The virus is passed through physical contact with an area infected by someone else with a verruca. The virus enters the skin via a tiny break or split in the skin. This normally occurs anywhere that barefoot activity takes place especially in areas with damp conditions such as swimming pools and communal showers.

The virus can remain dormant in the skin for some time before a verruca can appear. To help prevent a verruca appearing, wear verruca socks or flip-flops in communal areas to avoid catching the virus.

Treatment of verrucae

Like with all viral infections, the body's immune system must respond in order to clear the virus from your system. Although this response may not occur quickly for a variety of reasons and sometimes treatments offered may indirectly give the immune system a kick-start. Treatment may be needed for verrucae which are painful, increasing in size or multiplying or have been present for longer than six months.

'Afni has seen my daughter for 5 months now for a serious attack of verrucae on both feet. Afni said it would take at least 6 months to sort and after 4 months we are left with one tiny verruca and a wart. Sometimes the treatment was quite difficult for my daughter, but throughout Afni tried to put her at ease and was friendly and supportive. She gave us some very useful advice in between treatments and we have a laugh at each session. I would highly recommend Afni to anyone as she has been so good and helpful with my daughter.'

Comments by Beverly Kofka

Common methods used for the treatment of verrucae are:

Caustics:

These are normally acids. They cause inflammation to the area to kick start your immune system and destroy some of the tissue that the verruca lives in.

Freezing:

Freezing otherwise known as cryotherapy involves liquid cryogen which is sprayed onto the verruca. It involves freezing the verruca cells and again causing inflammation. This results in encouraging the immune system to recognise the virus. There are no guarantees with the treatments being successful as it is mostly down to your own immune system's response in conjunction with the treatment. However it may help kick-start the immune system's response.



What to expect

Most verruca treatments cause some amount of pain initially and its duration depends on the individual's pain threshold. Pain from a strong caustic treatment isn't normally instant and it can take up to 48 hours to feel it. Pain from cryotherapy is normally instant during the treatment, and the area can become blistered. It is important not to burst any blisters or pick at wounds as this can lead to infection. Padding may be applied to the area after treatment by the podiatrist to keep pressure off the treated area. If any of the treatments become very painful, remove the padding and dressing and soak the foot in a warm footbath with a handful of salt or 2 tablespoons of Bicarbonate of Soda for ten minutes, then dry the foot carefully. Cover the area afterwards with a piece of clean gauze dressing. You may take an analgesic/pain killer and rest the foot but **do not exceed the stated dosage** under any circumstances when taking pain killers. Call your podiatrist to make an appointment as soon as possible.