**Swift Verruca Treatment Information**

This leaflet aims to answer your questions about Swift verruca treatment including the benefits, risks, and alternatives. If you have any further questions, please speak to the podiatrist caring for you.

What is a verruca?

A verruca (plantar wart) or wart is a lesion or tumour caused by the HPV virus.

They can be very painful particularly if they are in a high-pressure area of the foot which can then interfere with mobility and taking part in sports and activities.

7% of adults have a verruca and they can last on average between 5-10 years.

There is a lifetime risk of getting one of 41%

They are very common and peak at teenage years

Why should I have treatment?

Many verrucae, particularly in children resolve of their own accord withing 6 months. People sort treatment when a verruca is generally painful, unsightly, or limiting their activities.

There are many over the counter remedies however many patients seek the help of a Podiatrist when they achieve little success with these.

Podiatry treatments available are silver nitrate, salicylic acid, cryotherapy, laser, Faulkner’s needling and now Swift which uses microwave therapy (which is in fact the opposite of cryotherapy) whereby the tissues are heated to quickly repair, regenerate and replace the damaged cells

What are the benefits of Swift?

* Rapid treatment time
* No local anaesthetic required
* No post operative dressings required
* No post operative advice needed
* No pain after treatment
* Activities can be resumed immediately
* Current effectiveness of treatment 83% (survey of over 1,000 patients July 2017) therefore higher effectiveness than any other treatment on the market

Precautions

Swift is not suitable for patients with Diabetes, pregnant or breast-feeding women, pacemakers, metal work below the knee.

What is involved in the treatment?

The treatment is very quick taking no more than 20 minutes.

A probe will be placed directly onto the verruca/ wart and a low wattage of microwave energy will be released for 2 seconds this can create discomfort described as a sharp sensation.

The microwave energy can only travel in straight lines and can penetrate to 3.2mm therefore there is no risk of the heat spreading.

The treatment protocol requires 3 treatments 4 weeks apart then a review after 12 weeks.

Where the immune system is compromised: in patients over 70 years of age, verrucae that are very long standing or patients on multiple medication the treatment protocol may need to be adapted to have further treatments to get resolution.

Recent UK Patient Feedback Survey- 6 month clinical follow up

43 patients were interviewed post treatment in order to access both efficacy of Swift and overall patient satisfaction

Patient demographics:

93% were over 18

Over half had multiple verrucae

93% of patients had their verrucae for over a year

8 out of 10 had previously tried other treatments

* Treatment efficacy: 77% of patients surveyed had completed resolution at 6 months post treatment. In the case of multiple verrucae, where there wasn’t full resolution, over half the patients reported at least one or more lesions resolving
* 72% of patients that previously described their lesions as painful stated that they felt a reduction in pain as a result of the Swift treatment
* 75% of patients that experienced resolution had four or less Swift treatments
* 46% of patients that reported resolution, also stated that lesions that were not directly treated also resolved
* It was reported that there was no increase in the size or number of verrucae during the treatment
* 98% of patients were able to continue on with their day as normal and have had no problems since treatment
* 95% of patients would recommend Swift treatment