

Faulknor's Needling for Verrucae

Falknor's needling procedure is an innovative and effective treatment for verrucae (warts on the feet), which are benign types of the Human Papilloma Virus (HPV) group. It is a form of soft tissue therapy which is intended to break down the verruca and create a controlled inflammatory response. This in turn, stimulates the body's immune system to recognise the virus and destroy it. The treatment has been around for over 45 years (being first described in a medical journal in America in 1969) and is used routinely with great success by practitioners internationally.

Needling is different from most other treatment modalities (such as caustics, which can entail dozens of applications to be effective) as it only requires one, or sometimes two, treatments, making this an ideal treatment for busy people. Twenty-four hours after treatment you can shower as normal without the need to keep bulky dressings dry. In fact, no dressings are required at all after 2 days, so you can continue with daily activities as normal.

How does this method of treatment work? By puncturing the verruca with a sterile needle many times, the viral particles are directly exposed to the fatty tissue beneath the skin where the body is rich in immune regulators. Here, the immune system can recognise and destroy the virus. As this immune response is often systemic, treatment of only one verruca is required even where there are many lesions, as spontaneous remission occurs in all, or most, verrucae at the same time.

The procedure is carried out painlessly under a local anaesthetic and should take approximately an hour. Only mild soreness the following day has been reported by a few patients, although the majority of patients feel no discomfort at all following treatment. Note that you will not be able to drive after the procedure as your foot will be numb for a couple of hours afterwards.