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## Swift information and consent form

Please read this form carefully. It describes the risks and benefits of the Swift microwave treatment for warts and verrucae. If you have any further questions, please ask. You have the right to change your mind at any time including after signing this consent form.

Swift is a new scientifically proven technology that allows us to use microwave energy to attack infected areas of the skin and stimulate healing. The treatment works by applying bursts of localised microwave energy to the infected skin through a special handheld probe.

Before starting the treatment, it may be necessary to reduce any area of hard skin to expose the verrucae on your feet. This is not required for warts on hands or arms.

Warts and verrucae infections, caused by the Human Papilloma Virus (HPV), have the ability to hide themselves from being detected by the immune system and in turn are resistant to most treatments.

The Swift treatment works by alerting your immune system to the presence of the infection in the skin. The microwave energy triggers the infected soft tissue to give rise to an inflammation allowing the healing cascade to start.

On a deeper level, the microwave energy targets the water molecules within the warts or verrucae itself. The energy causes a rapid temperature elevation that destroys localised malignant cells without affecting the surrounding skin and tissue.

This thermal stimulus causes the immune system to respond. A heat stress protein is formed, and a complex healing process begins. Over time, the warts/verrucae will shrivel and disappear, the pain level lessens, and the skin reduces its thickness.

### **1. Treatment procedure**

In most cases, the Swift microwave energy is delivered in 5 bursts of 2 seconds, directly on the infected site. It may be extremely painful for the last second, but the pain subsides quickly into a tingle. Most patients akin the pain to a wasp sting.

It can take up to 3 treatments, 4 weeks apart, to see a successful resolution. Although treatment success is high, there is no 100% guarantee with Swift treatment or any other therapy.

For more information and case studies, see our website and the Swift website.  
[www.podiatrypluscorby.co.uk/swift-microwave-therapy-for-verruca](http://www.podiatrypluscorby.co.uk/swift-microwave-therapy-for-verruca)  
[www.treatverruca.com](http://www.treatverruca.com)

## **2. Aim of treatment**

- To stimulate your immune system using heat shock therapy to eradicate the HPV from the skin
- To reduce overall pain or discomfort of the warts or verrucae. 72% of patients felt a reduction in pain
- To eliminate the need for acids or dressings with minimal pain afterwards
- To interfere as little as possible with activities of daily life.

## **3. Risk factors**

- Possible bleeding during any reduction of hard skin, if necessary
- Blistering of the site may occur following treatment
- Potential for burns to non-targeted surrounding tissue which may give rise to unwanted scar tissue and/or damage to the adjacent nerves or blood vessels
- The treatment area may turn black (a haematoma, bleeding under the skin), this can look like a bruise.

## **4. Other treatment options discussed**

- No treatment
- Self-treatment using over the counter medication
- Podiatrist applied topical treatments including Silver Nitrate, Salicylic Acid, Monochloroacetic Acid
- Falkner's needling.

## **5. Contraindications and risk factors**

Swift microwave therapy is not suitable if:

- You have metal pins, plates, or replacement joints near the treatment area
- You wear a pacemaker
- Have neuropathy (nerve damage) or poor peripheral circulation
- You are taking immunity suppressing drugs
- Have a low pain threshold.

If you are pregnant or breast-feeding, you can still be treated. The energy from Swift is delivered entirely locally, and so carries the same risk as treatments such as electrolysis, which is considered safe. However, it is known that the immune system is naturally suppressed during pregnancy, so treatment may be theoretically less likely to be successful as it would be with other conditions that suppress your immune system.

## **Patient consent**

- I confirm I have read and understood this information form
- I confirm that the procedure has been satisfactorily explained to me, including potential side effects and complications, and that I have been advised of alternative treatments including no treatment at all.
- I consent to photographs being taken as part of my treatment record.
- I confirm that I wish to proceed with the course of Swift treatment and that I am aware of the possible contra-indications/risk factors.

**Patient signature**

**Date**