



Suffolk Podiatry

Corns & Callus

What is a Callus?

A callus is a thickened area of skin usually caused as a response to friction, pressure or a combination of both. Calluses are there to protect the healthy skin underneath from damage but they can become painful.

What makes Calluses worse?

- Pressure on the skin or footwear
- Pressure caused by a bony “deformity” such as a prominent joint
- Loss of fatty padding under the forefoot, (more common in the elderly) which causes the joints to be more prominent

How can I treat Callus ?

Wear the right shoes:

- Wear shoes with soft thick soles (such as running shoes) to help reduce pressure when walking
- Wear a cushioning insole inside the shoe
- Wear shoes that have a fastening and fit your feet correctly (a footwear advice leaflet is available from the Suffolk podiatry website)

Reduce and control callus formation:

- Hard skin can be controlled by regularly using a pumice stone or a good quality foot file (filing should be done little and often to be effective)
- Emollient cream (available from your chemist) should be applied to your feet daily

What is a Corn?

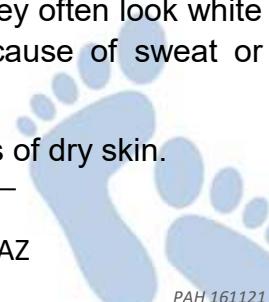
A corn is a focused area of hard skin, that pushes into the surrounding healthy skin, often causing pain. There are three main types of corns:

- **Hard Corns** — Form over areas of pressure or friction. Usually surrounded by callus. Hard corns often form on the tops of toes due to badly fitting footwear
- **Soft Corns** — appear between the toes where the toes rub together. They often look white and rubbery because the skin soaks up a lot of moisture, either because of sweat or because the spaces between the toes are not dried properly
- **Seed Corns** — are small hard areas of skin usually associated with areas of dry skin.

Suffolk Podiatry

Podiatry Hub, Riverside Clinic 2-4 Landseer Rd, Ipswich, Suffolk , IP3 0AZ

www.suffolkfed.org.uk



How should I treat a Hard Corn?

- Reduce overlying callus by using a pumice stone or foot file regularly
- Apply emollients daily to help soften the skin
- Use padding to reduce pressure over the area
- DO NOT use corn plasters/removers especially if you are elderly or diabetic

How should I treat a Soft Corn?

- Wear shoes with plenty of room in the toe box
- Dry in between the toes to prevent excessive moisture build-up . If you suffer from sweaty feet, wiping between the toe with cotton wool soaked in surgical spirit may help to dry the them
- Silicone wedges to separate the toes and stop them rubbing are available at most chemists or by mail order

How should I treat a Seed Sorn?

- Applying emollient cream to the affected area daily can help to reduce the dry skin that causes seed corns to develop

Should I see a podiatrist?

- Unless you have a high-risk medical condition, NHS podiatry is not available for the treatment of Corns and Callus. Most patients should be able to treat themselves by following the self-care advice outlined above
- A private podiatrist will be able to reduce or remove callus or corns. Private podiatrists will often provide treatment for corns and callus for a price. Be careful to ensure any private podiatrist that you visit is registered with the HCPC (Health and Care Professions Council)

You can check their membership details by going to <http://www.hcpc-uk.org/check>

More information is available at the NHS website:

<https://www.nhs.uk/conditions/corns-and-calluses/>

Suffolk Podiatry
Podiatry Hub, Riverside Clinic 2-4 Landseer Rd, Ipswich, Suffolk , IP3 0AZ
www.suffolkfed.org.uk

