



Suffolk Podiatry

Corns & Callus

What is a callus?

A callus is a thickened area of skin usually caused as a response to friction and pressure. Calluses protect the healthy skin underneath from damage but they sometimes become painful.



What is a callus?

- 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 calluses?

Choose the right shoes:

- Wear shoes with soft thick soles (such as running shoes) to help reduce pressure when walking.
- Wear shoes that have a fastening and fit your feet correctly (a footwear advice leaflet is available from the Suffolk podiatry website).
- Wear a cushioning insole inside the shoe (see our leaflet “Buying insoles to help your foot pain” for more information).

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).
- Moisturising cream should be applied to your feet daily.

Diamond Deb Foot File:

Emery Board:



What is a corn?

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

- **Hard Corns** — form over areas of pressure or friction. 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 moisture, either because of sweat or because the spaces between the toes are not dried properly.
- **Seed Corns** — are small hard areas usually associated with areas of dry skin.

How should I treat a Hard Corn?

- Reduce overlying callus by using a pumice stone or foot file regularly.
- Apply moisturising cream 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 have diabetes.

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 them.
- Silicone wedges can help to separate the toes and stop them rubbing together.

How should I treat a Seed Corn?

- Reduce overlying callus by using a pumice stone or foot file regularly.
- Apply moisturising cream daily to help soften the skin.

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 their feet by following the self-care advice outlined above.

Private podiatrists will often provide treatment for corns and callus. We recommend that any podiatrist you see is registered with the HCPC. You can check their membership details by going to: <https://www.hcpc-uk.org/>

More information is available at the NHS website:

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

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