Corns and Callous Self Help Guide

Corns and callouses are thick areas of hard skin. They are caused by pressure and friction on the skin.

There are different types of corns:

- Hard corn high pressure area of friction
- Soft Corn - found between toes,
- Seed corns random tiny patches of hard dry skin, often described as a grain of rice

Slips on shoes, including slippers are more likely to cause corns and callous. Steel toe capped footwear are also a common cause as they are often too narrow at the toe box. Limit the time you wear these styles. Any previous surgery or trauma to the feet may affect the structure and alignment of foot bones, increasing the chance of developing a callus or corn.

How to treat hard corns and callouses?

- soak corns and calluses in warm water to soften them and regularly use a pumice stone to remove hard skin
- Alternately use a foot file when the skin is dry, (before a bath or shower) to file off the hard, dry skin.

- Use a specialist heel balm or foot cream round the extra dry and hard areas at least once daily.
- Hand cream or body lotion is good for maintaining the skin's moisture when applied on a daily basis.

Soft Corns

These are caused by friction and pressure between the toes. They are often white in appearance as the skin is too moist between the toes.

- Use surgical spirit to **dry** these up.
- Pressure relief– footwear width and depth at toe box,

  gel or foam toe spacers

What else can I do? Other things you can do to make them more comfortable.

- Wear clean, dry socks, changing them daily.
- Wear wide, comfortable shoes with a Velcro or lace fastening
- Shoes which have a thick bouncy cushioned sole.

Most corns and calluses gradually go away when the friction or pressure causing them stops. Corns can be very annoying, but the majority of the time they pose no health risk. Home remedies can help control or remove corns effectively in most cases. Although treatment may ease the pain and pressure from the corn, they will not solve the underlying issue, which is the friction the skin experiences. Making changes to footwear, walking technique, or lifestyle will help reduce friction in the feet and prevent corns from coming back.