

Know the facts on

Corns and Calluses



What are Corns and Calluses?

Corns are small areas of thickened skin often in a circular shape. Most commonly they develop on the sole of the foot or on the tops of the toes. Calluses are rough areas of skin that are hard and often appear yellow in colour. Calluses are thick and less sensitive to touch than the surrounding skin.

Corns and calluses often develop on the feet and can cause pain and discomfort when walking.



www.podsfixfeet.co.uk

What causes Corns and Calluses?

The main cause of corns and calluses is excessive pressure during movement. The response from the skin is to produce hardened parts of skin which then form into either corns or calluses.

Possible examples of causes are footwear rubbing the foot or high levels of activity for athletes.

What will happen if untreated?

If corns and calluses are left untreated the hard skin will continue to build up and become more painful.

Additionally, if the causes of the corns and calluses on your feet i.e. the pressure, are not removed the corns and calluses will not get better and may well return even after treatment.



What can help?

Footwear choices can be a great prevention tool. Pressure is the main cause of corns and calluses and removing the pressure can prevent them from forming. High heels increase the pressure placed on the front of your feet and can therefore increase the risk of corns and calluses.

Drying your feet thoroughly after washing them and regularly applying moisturising cream can also help to prevent the formation of calluses. Using a pumice stone or a foot file can also gently remove the build up of hard skin that can occur on the feet.

What are the treatment options?

A Podiatrist is the first port of call for the treatment of corns and calluses. A scalpel is used to remove corns and calluses painlessly.

The aim is to prevent any return by changing your footwear and / or redistributing the pressure - your Podiatrist can prescribe orthotics which can help.

If you have an infection it is important to seek treatment as soon as possible.