

# Corns & Calluses

## AND ALL YOU NEED TO KNOW



### WHAT ARE CORNS & CALLUSES?

When walking, body weight shifts from the heel to the ball of the foot, leading to corns and calluses from skin thickening due to pressure against bones or shoes. Calluses on the sole may signal underlying issues, while corns form from pressure on bony areas. Corns can be hard or soft, with hard corns indicating improper foot function and soft corns developing between toes in moist conditions.

### HOW TO PREVENT CORNS AND CALLUSES

If you have corns or calluses, you can occasionally treat them yourself by gently rubbing with a pumice stone or a foot file during a bath. Applying moisturising cream can help soften thickened skin gradually, while relieving pressure between the toes can be done with a foam wedge. If you have diabetes, poor circulation, or a weakened immune system, do not attempt self-treatment. It is advisable to consult a podiatrist for professional assistance.

### WHEN SHOULD YOU VISIT A PODIATRIST?

If you encounter any foot care problems that do not improve on their own or with regular foot care within three weeks, it is advisable to consult a HCPC registered podiatrist.

To learn more about our treatment options, turn the page. Our patient support team is ready to assist you, so call us on 01943 863 733 to schedule treatment.



# TREATMENT



## SEEK TREATMENT FROM A PODIATRIST

It is not recommended to attempt corn removal on your own, especially if you are elderly or have diabetes. A podiatrist can effectively decrease the size of the corn and use astringents to reduce moisture retention between the toes in soft corns.

Always seek advice from a podiatrist before using over-the-counter products. Exercise caution with corn plasters, as they contain acids that may harm the healthy skin surrounding the corn, potentially leading to issues like infection. Home remedies such as lamb's wool can also be risky. Individuals with diabetes, poor circulation, or a weakened immune system should avoid self-treatment and consult a podiatrist.

A podiatrist can painlessly remove corns, provide padding or insoles for pressure relief, or fit corrective devices for long-term comfort. When it comes to calluses, a podiatrist can eliminate hard skin, alleviate discomfort, and redistribute pressure using soft padding, strapping, or corrective devices that fit comfortably in your shoes, allowing the skin to return to its natural state.

Elderly individuals can benefit from ball-of-the-foot padding to compensate for any loss of natural padding. Emollient creams can help prevent callus formation and enhance the skin's elasticity. Your podiatrist can recommend the best skin preparations for your specific needs. Consider wearing more supportive or wider-fitting footwear to alleviate pressure on the affected area.