

Corns and Callus'

What are Corns and Callus?

Corns and calluses are areas of hard, thickened skin, these most commonly develop on the feet. This can cause pain and discomfort when you walk. Corns are small circles of thick skin that usually develop on the tops and sides of toes or on the sole of the foot. Calluses however, are hard, rough areas of skin that are often yellowish in colour, they are larger than corns and don't have such a well-defined edge. As callused skin is thick, it's often less sensitive to touch than the surrounding skin.



What causes it?

The major cause of calluses and corns is excessive pressure from movement that can cause a response from the skin to produce callosities, which are thickened hardened parts of skin, these can form into either a corn or a callus. It can also appear if you are wearing ill-fitting footwear or if you are involved with high levels of activity; running, sports etc. this again is due to the pressure produced in both circumstances.

What will happen if I leave it untreated?

If you leave the Corns on your feet without seeking any treatment, professional or otherwise, then they won't get better until the cause of the pressure is removed. If this cause isn't removed, the skin could become thicker and more painful over time. The same is also true for calluses, if the hardened skin is left untreated it will continue to build up and become even more painful.

What can help?

To help either ease or prevent the formation of corns & calluses you can just do small things that can be a big help, for example you should dry your feet thoroughly after washing them and if necessary apply moisturising foot creams. We also recommend that you use a pumice stone or foot file regularly to gently remove any hard skin this will then stop the build-up and creation of calluses. As always make sure to wear comfortable footwear that fits properly, as pressure is one of the main causes of formation this will go a long way to reducing or preventing development. If possible, avoid wearing heels as they will increase the pressure on the front of your feet.

What are the treatment options?

Corns and callus can be very successfully treated by the skilled hand of a Podiatrist. They can use a scalpel to painlessly remove corns and callus. The aim is to prevent the structures reforming whenever possible, and this can often be achieved by changing footwear or redistributing pressure. For the redistribution of pressure or to decelerate the forces that cause corns and callus, a podiatrist can get you fitted with a pair of orthotics; these are custom made inserts or footbeds that you put into your shoes to help ease the pressure.