



CORNS/ CALLUS

WHAT ARE THEY?

A corn is a hardened area of skin that has a distinct central core, that forms in a specific area of continual pressure. They can appear anywhere where increased pressure is applied/ occurring.

Callus is a hardened area of skin caused by repeated friction and pressure on an area where the skin thickens to protect itself

HOW DO I GET THEM?

An increase in pressure or friction on the skin

Shoes that are too tight, high-heeled or too loose

Seams in a shoe that rub against the skin

Foot/ toe deformities

Walking barefoot regularly.

Exercise such as jogging/ walking if you have any underlying biomechanical issues

Age. The fatty tissue in our skin reduces as we age, meaning less padding and a higher risk of developing calluses, especially on the ball of the foot

KEY POINTS:

Moisturise your skin regularly to keep it soft.

Change any footwear that does not fit properly/ does not have enough room to accommodate your foot shape/ too loose.

See a podiatrist for a full assessment to see why you are getting the corns/callus.

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CORN/CALLUS

HOW CAN A PODIATRIST HELP?

If you suffer with hard skin and corns on your feet, the safest way to treat this is via your local HCPC registered podiatrist. A podiatrist has undertaken over a thousand clinical hours during 3 full years of training to qualify to be a podiatrist.

They must undertake regular updated training to keep their skills and knowledge up to date.

Podiatrists are trained to assess, diagnose and treat an array of foot issues.

With regards to hard skin and corns, a podiatrist will do a full visual inspection of your feet each time you visit. They will try to establish why you are getting the corns and hard skin, and advise ways to help prevent them recurring based on individual need. They will use sterile instruments to remove the hard skin and corns as required.

We do not recommend using any sharp implements on your feet at home. Instead, we recommend filing your dry, hard skin with an emery board when your skin is dry, and apply a moisturiser daily to keep your skin soft.

KEY POINTS:

Do not use medicated corn pads – they contain a high concentration of acid that can cause ulceration.

Visit your podiatrist regularly for debridement.

Do not self-treat with sharp implements.

File the hardened skin weekly with an emery board

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