



Corns and Callous



Corns and Callous What are they?

There are four main types of corns encountered by podiatrists. These include:

- Hard Corns
- Soft Corns
- Seed Corns
- Neurovascular Corns

Corns and callous are both simply and excessive buildup of dead skin. Corns generally occur on parts of the skin subjected to excessive pressure or irritation. Consequently, corns and callous may be seen with poor fitting footwear (narrow or tight shoes). However, they may also be seen between toes, on top of toes or on the soles of the feet as a result of poor alignment of the bones of the feet.

What Causes Corns/Callous?

There is only one cause - excessive pressure/or irritation. Podiatrists realise that this pressure may be the result of:

- Ill fitting shoes & /or
- Incorrect foot alignment during walking

How are they treated?

Podiatrists will treat these in two ways. Firstly, the corn/callous is removed. Secondly, the podiatrist will determine the cause of the corn/callous and then offer advice on preventing recurrence of the problem.

{fact:} Corn pads, solutions, plasters or paints containing acid can be dangerous especially if you suffer with diabetes or circulation disorders. For this reason corn removal pads are not recommended.

Following removal of the corn, the podiatrist may determine the cause of the corn/callous to be ill-fitting footwear. Footwear modifications may be needed and advised. This may be in the form of:

- Increased cushioning
- Shoe stretching
- Changing footwear

Corns/callous should be removed professionally by a podiatrist. Never attempt "at home" surgery as cutting deeply or gouging at the centre of a corn can damage healthy tissue, nerves and/or blood vessels. The end result may be infection or scarring.

If the podiatrist determines the cause to be improper balance during walking or standing then the method of prevention may involve:

- Custom made shoe inserts (orthoses)
- Padded insoles
- Manipulation / mobilisation
- Custom-made footwear

Corns and callous are treated very successfully and can resolve, if you address both the Symptom (the corn) and the Cause (the pressure/irritation).