

Corns & Calluses

Corn and calluses are body's way to protect from blister or open sores. It builds up hard, dead skin to thicken and toughen an area where there is increased pressure or friction.



✓ Corns are smaller than calluses, hard center, at parts of your feet that don't bear weight (tops and sides of your toes), can be painful when pressed.

✓ Calluses are rarely painful, at soles of your feet (under heels) on your palms, or on your knees, larger than corns.

Causes

- Pressure and friction from repetitive actions cause corns and calluses to develop and grow
- Wearing ill-fitting shoes
- Skipping socks
- Playing instruments or using hand tools

Risk Factors

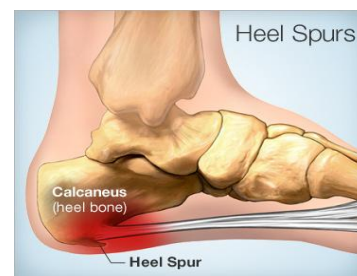
- **Bunions.** A bunion is an abnormal, bony bump that forms on the joint at the base of your big toe.
- **Hammertoe.** A hammertoe is a deformity in which your toe curls like a claw.
- **Other foot deformities.** Certain conditions, such as a bone spur, can cause constant rubbing inside your shoe.
- **Not protecting your hands.** Using hand tools without wearing gloves exposes your skin to excessive friction.



Bunion
spur / heel spur



Hammertoe



Bone

Treatments and drugs

- *Avoiding the repetitive actions (by wearing properly fitting shoes, using protective pads and taking other self-care measures)*
- *Trimming away excess skin*
- *Callus-removing medication (40% Salicylic Acid)*
- *Medication to reduce infection risk (antibiotic)*
- *Shoe inserts*
- *Surgery (rare - bone alignment)*

Prevention

- *Wear shoes that give your toes plenty of room*
- *Use protective coverings. Wear felt pads, non medicated corn pads or bandages over areas that rub against your footwear.*
- *Wear padded gloves when using hand tools*

Remedies help clear up a corn or callus

- *Use over-the-counter pads*
- *Soak your hands or feet. Soaking your hands or feet in warm, soapy water softens corns and calluses (easier to remove the thickened skin)*
- *During or after bathing, rub a corn or callus with a pumice stone, nail file, emery board or washcloth to help remove a layer of toughened skin.*
- *Don't use a sharp object to trim the skin.*
- *Don't use a pumice stone if you have diabetes because your risk of infection is higher.*
- *Moisturize your skin (keep the skin soft)*
- *Wear comfortable shoes and socks*