

## Preventing corns and calluses

You can also help prevent corns and calluses by looking after your feet and choosing the right shoes to wear.

Follow the advice below to help stop any hard dry skin developing:

- Dry your feet thoroughly after washing them and apply a special moisturising foot cream (not body lotion).
- Use a pumice stone or foot file regularly to gently remove hard skin. If you use a pumice stone, make sure it dries completely between uses and doesn't harbour bacteria.



## About Comfeet

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Comfeet 's mission is to provide high quality patient centered Podiatry education and service in a timely, cost effective way for all our clients and persons affiliated with the clinic. We provide a professional, supportive, friendly, warm service in a comfortable environment.

### Our Team

**Simone McConnie** specializing in diabetic foot care and sports

**Amor Forde** specializing in the general foot health and the diabetic foot

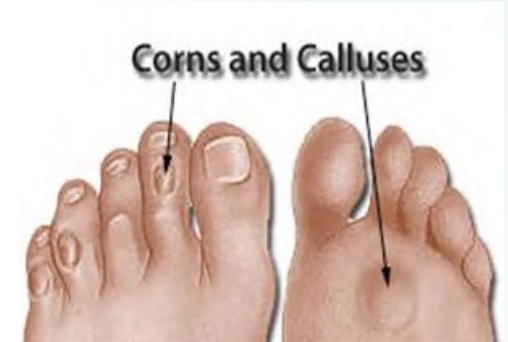
### Comfeet footcare clinic

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# Corns and Calluses



*COMFORT WITH EVERY STEP*



## What are Calluses?

Calluses are hard, rough areas of skin that are often darker or lighter in colour. They can develop on the:

- feet – usually around the heel area or on the skin under the ball of the foot
- palms of the hands
- knuckles

Calluses 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.

Calluses develop when the skin rubs against something, such as a bone, a shoe or the ground. They often form over the ball of your foot because this area takes most of your weight when you walk.

Activities that put repeated pressure on the foot, such as running or walking barefoot, can cause calluses to form. Athletes are particularly susceptible to them.

Other causes of calluses include:

- dry skin
  - reduced fatty padding – elderly people have less fatty tissue in their skin
- regularly holding objects such as a hammer or racquet where they are noticed in the palms of the hand.

## What are corns?

Corns are small distinct areas of thick skin that usually develop on the tops and sides of toes or on the sole of the foot. They can occur anywhere.

Corns are sometimes caused by:

- wearing shoes inappropriately fitting shoes – shoes that are too loose can allow your foot to slide and rub
- Some shoe designs that place excessive pressure on an area of the foot – for example, high-heeled shoes can squeeze the toes

Corns often occur on bony feet as there's a lack of natural cushioning. They can also develop as a symptom of another foot problem, such as:

A bunion – where the joint of the big toe sticks outwards as the big toe begins to point towards the other toes on the same foot  
 Over a hammer toe – where the toe is bent at the middle joint

## Treating corns and callus

Corns and calluses on feet won't get better unless the cause of the pressure is removed. If the cause isn't removed, the skin could become thicker and more painful over time.

A corn or callus is a symptom of an underlying problem., there maybe a biomechanical flaw in the way you walk. You should only treat it yourself if you know the cause and you've spoken to a specialist about the best way to manage it.

Over-the-counter treatments for corns, such as corn plasters, are available from pharmacists. However, they don't treat the cause of the corn and may affect the normal, thinner skin surrounding the corn.

**Corn plasters are not suitable for certain people, such as those with diabetes or poor circulation, or fragile skin**

