

FOOT CARE

CORNS AND CALLOUSES



Your Tools to Good Health



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WHAT ARE CORNS & CALLOUSES?



A callous lesion is thickening of skin, usually yellowish in colour



A corn is a skin lesion with a central, cylindrical centre (nucleus) that is thickened

Corns and callouses are common skin lesions in which there is localised areas of thickened skin, and these skin lesions can be painful.

WHAT CAUSES CORNS OR CALLOUSES TO FORM?

Corns and callouses are caused by the skin's responses to increased pressure or friction due to the abnormal way of walking or structural deformities such as bunions. They are caused by ill fitting shoes such as narrow toe box and high heeled shoes. Worn out shoes may contribute to the formation of corns or callouses.

Corns could also form over joints due to a protruding bone, and common sites of formation include the side and balls of the feet.

HOW CAN CORNS AND CALLOUS BE TREATED?

In most cases, the corns and callouses will improve after the excessive pressure or friction is removed, for example, like changing to low heeled and well cushioned shoes. In some cases, Podiatrist may remove parts of the thickened skin, if necessary. Usage of some padding and insoles may help improve the condition.



The use of salicylic acid corn plasters or solution is highly discouraged especially for patients with diabetes. It may lead to chemical burns if not used properly. Patients with diabetes may have thinner than usual skin. This would further enhance the effect of salicylic acid which might lead to ulcers or wounds.

TIPS ON MANAGING CORNS AND CALLOUSES

- Wear well cushioned and supported footwear with lower heel height and right fit, for example, width and length.
- Wear socks.
- Wear slippers at home.
- Moisturise feet daily.
- File the skin weekly with pumice stone or foot file to reduce thickness.
- Do not trim or peel the skin with sharp instrument as it can lead to infection.



- *Ensure a thumb's allowance from the longest toe.*
- *Check that the toe box is broad with space for toes to wiggle.*



- *Avoid applying cream in between the toes.*
- *Best time to apply is just before going to bed.*
- *Ensure that the cream is rubbed in.*
- *Take extra precaution for those prone to falling.*

Filing the skin weekly with pumice stone or foot file to reduce thickness



If calluses or corns have changed colour, for example, to red or developed into blister, please see your doctor or podiatrist as soon as possible.



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