

Corns and Calluses

WHAT YOU NEED TO KNOW



CORNS

CALLUSES

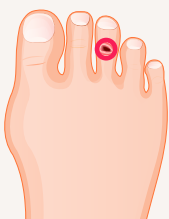


What are corns and calluses?

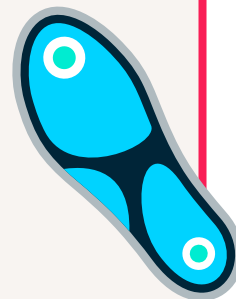
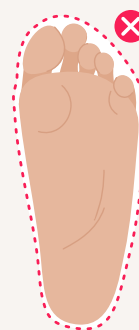
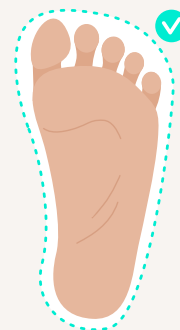
Corns and calluses look like thick, tough layers of skin. Corns are usually found on or between the toes. Calluses, which are found on the soles of the feet, are caused by friction or pressure from the skin rubbing against the bones of the feet. The area may be painful and look red (on light skin) or brown, grey or black (on dark skin).

How do you treat corns and calluses?

- Make sure your shoes fit properly. They should not crowd your toes nor allow your foot to slip around in the heel. There should be a space of at least one-half inch (1.25 cm) between the tip of your longest toe and the front of the shoe.



- Apply a felt pad with a hole in the centre over a corn to reduce pressure on the area.
- Put a latex foam insole into your shoe or apply moleskin to the affected area to cushion and protect your foot.
- You can use a pumice stone or callus file (e.g., emery board) to remove dry skin buildup. Use the pumice stone on wet skin and the file on dry skin. Using a pumice stone or callus file can be harmful in some medical conditions, e.g., diabetes. Please check with your health-care provider.
- Never cut a corn or callus yourself with any instrument.



Nonprescription products are available to help remove the corn or callus. Talk to your pharmacist to see if one is right for you.