

A Guide for Patients and Families

Care of Calluses/Corns



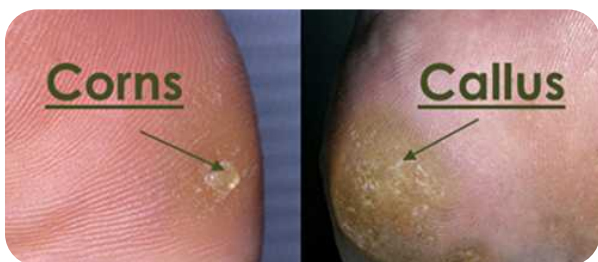
What are Calluses?



Calluses are areas of thickened skin usually found on the hands or feet. They can develop in response to repetitive pressure or friction of the affected area over time. Calluses can sometimes feel rough or bumpy and may appear yellowish in colour.

Corns and calluses can be caused by:

- ◆ Ill-fitting footwear resulting in excessive friction.
- ◆ Deformity of the foot, resulting in unequal forces acting abnormally on certain parts of the foot (such as bony areas).
- ◆ Certain styles of walking that exert uneven pressure on the foot.



They usually develop due to repetitive excessive friction or pressure in response to the above causes.

Hence, it is important to address the underlying cause and provide timely treatment.



Bony deformities may lead to development of corns and calluses

Bunions



An abnormal, bony malalignment that forms a bump on the joint at the base of your big toe

Lesser toes deformities



Clawed



Hammered

Other foot deformities



Figure 1

Significant foot deformities, such as those arising from Charcot arthropathy, can cause high areas of pressure.

Professional help may be needed for insoles and/or footwear fitting.

Figure 1: D-Foot International (2023). How to Examine Foot Deformities in a person with Diabetes? [Photograph]. D-Foot International. <https://d-foot.org/resources/resources/diabetic-foot-info-cards>

What can I do?



Having thick calluses may mean you need to seek treatment for a thorough assessment with the podiatrist or healthcare practitioner to address the underlying cause.

Excessive buildup of calluses can breakdown and result in open wounds (ulcers).

Thus it is important to manage them regularly.



File the calluses gently with a pumice stone or foot file to reduce thickness of the callus before a bath or shower.



Check the area regularly after every few strokes of filing to avoid any injury.



It is important to keep an eye on the area being filed to avoid any injury. Do not remove too much skin as it may bleed and result in open wounds.



Apply moisturizing cream to the area daily will help to soften callus.





Use the recommended offloading paddings or insoles provided by your podiatrists with appropriate footwear to reduce the pressure over the calluses.



Wear properly fitted shoes that have deep and broad toe boxes.

What should I avoid doing?

-  Do not try to cut out thick calluses or corns yourself as this can lead to injuries/ulcers and possibly infections. Seek help from your healthcare professional or podiatrist to trim your calluses or corn.
-  Do not use over the counter chemical agents to remove calluses or corns as they can burn your skin and cause a wound.

How do I use padding for Calluses?

A variety of pads may be used to treat or prevent calluses. Protective padding cushions the callus or reduces the friction over the affected area.



Note that corn plasters, solutions or creams containing salicylic acid should not be used as incorrect usage may cause skin to break down and result in open wounds.

Proper footwear selection



Wear good supportive footwear with cushioning inlays to reduce friction and pressure, and deep, broad toe box



Avoid high-heeled, narrow, or pointed-toe box

When should I seek medical treatment?

- Please seek medical attention if the callus condition:
- ♦ Is not made better with filing and a change of footwear
 - ♦ Is affecting a larger area
 - ♦ Causes pain
 - ♦ Causes swelling
 - ♦ Worsens with a change of colour (i.e. to red or dark brown)



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