Corns and Calluses

A corn is a small area of thickened skin that usually occurs on the top, sides and tips of a toe. They contain a cone-shaped core with a point that can press on a nerve below. This causes pain. It is usually the result of rubbing (*friction*) or pressure from shoes that are too tight or do not fit properly. Calluses are areas of thickened skin caused by repeated friction and pressure. They usually develop on hands, fingers, palms, soles of the feet and heels. Removing the cause of the friction is usually the only treatment needed.

SYMPTOMS OF CORNS:

- A hard growth on the skin of the toes.
- Pain on direct pressure against the corn.
- Sometimes redness and swelling around the corn, with severe discomfort.
- Increased discomfort in tight fitting shoes.

HOME CARE INSTRUCTIONS

- Try to remove pressure from the affected area.
- The skin can be protected with donut-shaped corn pads, available in pharmacies.
- A pumice stone can be used to gently reduce the thickness of the corn.
- For corns on the feet, change to properly fitted footwear.
- For calluses on the hands, wear gloves during activities that cause friction.
- People with diabetes should regularly examine their feet and contact their primary health care provider if they notice problems with their feet.

SEEK IMMEDIATE MEDICAL CARE IF:

- You have increased pain, swelling, redness and warmth (*inflammation*), drainage, or bleeding.
- If your corn or callus is not getting better despite treatment.

MAKE SURE YOU:

- Understand these instructions.
- Will watch your condition.
- Will get help right away if you are not doing well or get worse.

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