

Fast Facts

Calluses (and Corns)

- Thick, hardened layers of skin
- Develop when your skin protects itself against friction and pressure from repetitive action
 - Typically, they appear on the feet and toes or hands and fingers
 - Vary in size and shape
- Corns are smaller than calluses and have a hard center that's surrounded by inflamed skin
 - Usually, corns hurt when pressed (calluses are rarely painful)
- 3 leading causes of calluses: wearing improperly fitting shoes, not wearing socks/poorly fitting socks, and playing instruments or using hand tools without gloves

<i>Symptoms</i>	<i>Treatment</i>	<i>Prevention</i>
<ul style="list-style-type: none"> -Thick/rough area of skin -Hardened/raised bump -Tenderness/pain under your skin -Flaky/dry/waxy skin 	<ul style="list-style-type: none"> -Avoid doing the repetitive actions -Use over-the-counter pads to protect the area -Nonprescription liquid corn removers <p><i>To remove the thickened skin:</i></p> <ul style="list-style-type: none"> -Soak the area in warm, soapy water to soften the skin -Use a pumice stone, nail file, emery board, or washcloth to help remove a layer of toughened skin -Don't use a sharp object to trim the skin -Afterward, apply moisturizer to help keep the skin soft -Until callus is gone, wear well-fitting, cushioned shoes and socks <p>If none of these measures work or you have diabetes or another condition that causes poor blood flow, you should see your doctor</p> <p><i>Doctor Can:</i></p> <ul style="list-style-type: none"> -Can trim thickened skin with a scalpel -Apply a patch containing 40% salicylic acid (you'll need to use a pumice stone, nail file, or emery board to smooth away dead skin before applying a new patch) <p><i>If you have an underlying foot deformity:</i></p> <ul style="list-style-type: none"> -Custom-made padded shoe inserts (orthotics) -Surgery to fix bunions, hammertoe, or bone spur 	<ul style="list-style-type: none"> -Wear shoes that give your toes plenty of room -Use protective coverings, like felt pads, nonmedicated corn pads, or bandages -If your toes rub together, try toe separators or lamb's wool between your toes -Always wear socks -When working with hand tools, wear padded gloves or pad your tool handles with cloth tape or covers

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