

Patient Fact Sheet

Corns



What are they?

Corns are concentrated areas of hard skin caused by pressure from incorrect fitting footwear or even the feet or toes not functioning properly. Contrary to popular belief they DO NOT have roots, they are not growing in the foot.

Corns can be hard, soft or seed. It depends where on the feet they are found. If they occur between the toes they are referred to as soft corns because the skin is damp in this area and the corn is damp as well. Seed corns often occur within areas of callus and feel like bits of gravel or seeds in the skin.

How do I treat them?

A visit to your chiropodist will result in the corn being removed. The chiropodist will also investigate the cause of them and advise you accordingly. The chiropodist may also prescribe some form of dressing or padding to relieve the pressure area.

DO NOT cut corns your self especially if you are elderly or diabetic as you may cause a wound and possible infection. DO NOT use corn plasters or corn removing paints as these have an acid in them which will burn the corn and also the surrounding healthy tissue also causing a wound and possible infection. Home remedies, like tying lambs wool around the toes, are potentially dangerous and should be avoided.

Will they come back?

If you remove the cause of the pressure the corn will not come back. If you continue to apply the pressure then the corn will return, sometimes very quickly. Your chiropodist will advise you on prevention.