



Corns & Calluses



Corns and calluses are thick, hard layers of skin that develop based on friction and pressure. They most often develop on the sole or outsides of the feet, or on top of or in between the toes. Corns and calluses are commonly mistaken for warts. However, they do not possess “black dots” centrally, such as those found in warts. Generally, only when they begin to cause discomfort do patients seek treatment. Treatment might include felt pads, proper shoes or orthotics to address friction or areas of pressure. A BioPed Chiropodist or Foot Care Nurse can also trim the callus or corn for instant relief. Once removed, corns and calluses may return depending on if the source of friction or pressure has been properly eliminated.

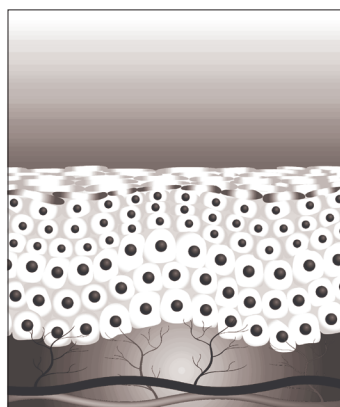
CAUSE

Corns and calluses are created by your body, as a defense mechanism, in response to high pressure or friction. They typically occur as a result of ill-fitting footwear (E.g. shoes that are too tight/too loose or high heels), abrasive sock seams, an injury, surgery, abnormal bony prominences (E.g. bunion bump or hammertoes) or as a result of how we walk.

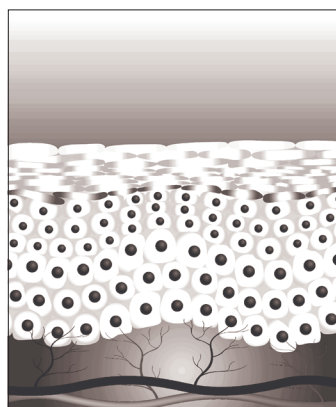
EFFECT

The thickening of skin in a localized area on our feet actually further increases pressure, leading to discomfort or pain. A corn or callus can lead to the breakdown of tissue underneath itself. Once the skin breaks down this may cause an opening in the skin which can become infected and further complications may arise. Individuals with diabetes, peripheral vascular disease or other conditions are at risk for further complications if they do not seek treatment for their corn or callus. To prevent thickened skin from developing, ensure that shoes are professionally fitted by a BioPed clinician. It is best to purchase shoes at the end of the day, when your feet are the most swollen. Keep in mind that properly fitted shoes and orthotics will help prevent the development of corns or calluses.

Healthy Skin



Callus



THE SOLUTION



TOPICAL SOLUTIONS

There are a variety of over-the-counter creams available at BioPed to help moisturize and soften the area of callus. Active ingredients can include urea or salicylic acid but are not appropriate for all patients. It is best to check with your Foot Specialist or Doctor before initiating use. A BioPed Chiropodist may choose to provide you with a prescription cream to help reduce the growth of the callus.



OFF-LOADING DEVICES

There are a number of gel, felt or foam pads, or custom off-loading devices that a BioPed foot specialist can recommend to relieve the friction or pressure that is causing the thickening of skin. Orthotics are often utilized to evenly distribute pressures in our feet. Also, for corns in between the toes, over-the-counter or custom-made toe separators can be used for pain relief.



SOLUTIONS AT HOME

Apply a lotion daily with active ingredients to fight callus, such as *Footlogix Cracked Heel formula*. Use a pumice stone regularly in the shower to reduce the thickness of the skin in that area. Do not try to shave or cut down your own callus or corn. Avoid medicated corn pads and instead seek professional skin care from a BioPed Chiropodist or Foot Care Nurse.



BIOPED CLINICAL SPECIALISTS

BioPed Chiropodists and Foot Care Nurses can differentiate a corn or callus from a wart and remove the painful thickened skin. Our Foot Specialists may also recommend proper footwear, non-abrasive socks, and custom-made orthotics to reduce the high pressure or frictional forces that are known to cause corns and calluses. They have been trained to treat most foot ailments and recognize and relieve areas of concern.