What are they?
Corns and callus are areas of thickened skin usually found on the feet, but they can occur anywhere on your skin as a result of increased pressure. They can be uncomfortable or sometimes very painful.

Referral to Podiatry
We are a team of specialist staff involved with the assessment, diagnosis and management of the lower limb in people of all ages.

If you feel that you would benefit from an assessment, self referral forms are available from all community clinics.

This leaflet can also be made available upon request in Braille, audio cassette, large print or in other languages.

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What causes them?

Your skin grows continually. Normally the outer layer flakes away in very tiny pieces as new skin grows from within. Pressure or friction on your skin will compact the surface layer of your skin. As your skin is growing from within, this layer will increase in thickness and is called callus (hard skin) or corn. It will generally be hard and brittle. If it occurs between the toes it may be white and rubbery - this is a soft corn.

How do I get rid of them?

You will need to consider several points to improve your corns or callus:

1. Removal of the thickened skin. You may be advised to use a pumice stone or file on your hard skin. You will need to do this regularly – your podiatrist will advise how often.
2. Relief of the pressure or friction which is causing it. You may need to change your footwear - you will be advised as to what is necessary.
3. Improvement of skin texture. You will need to apply moisturising cream daily and rub it in thoroughly to hard dry skin. You can use surgical spirit or witch hazel on soft corns.

The success of any treatment depends upon your cooperation. Without your help, your podiatrist will often only be able to achieve a partial or temporary improvement of your discomfort.