

A quick guide to:

CALLOUSES



A callous is a build-up of dead skin. Unlike a corn, it has no nucleus or root.

APPEARANCE

Callouses can be identified by an area of evenly thickened skin that usually forms on the heel, on the side of the big toe or on the ball of the foot. It can appear as bulbous, red and protruding or dry, yellow and flaky.

CAUSES

Callouses can take months to develop and appear where skin rubs against something like a shoe or the ground. Incorrect weight distribution on the feet or ill fitting shoes and hosiery can also form callouses. The foot will deal with repeated friction or excessive, unequal pressure on the site by forming a callous. They often form on the ball of the foot as this takes a lot of body weight while walking.

SYMPTOMS

Aside from the physical appearance, callouses can cause discomfort and even pain.

PREVENTION

A build up of small amounts of hard skin can be prevented by occasionally gently rubbing problem areas with a pumice stone or file. Using a moisturiser regularly will also soften the skin and prevent hard skin from building up.

Ensure that your shoes are correctly fitting and that they do not rub when you walk. If you find callouses building up on the sole of your foot, try padding or insoles to reduce the pressure. A podiatrist will be able to advise you on the best type of padding or insoles for your feet.

TREATMENT

A callous file can be used on small callouses to remove the build up of skin. On thicker callouses, a treatment containing salicylic acid in a self-adhesive plaster can be used to loosen the thick layers of skin.

For more information please visit:

www.carnationfootcare.co.uk

or speak to your podiatrist.