

A quick guide to:

# CORNS



Corns are the most common of all foot problems and come in two main types – hard and soft.

## APPEARANCE

Hard corns consist of a raised, shiny dome of whitish or pale yellow thickened skin. They have a hard cone-shaped centre, or nucleus, and are found mostly on the top of the toe joints.

Soft corns are a paler, softer version of the hard corn and are found between the toes, especially the fourth and fifth toe.

## CAUSES

Both types of corn are caused by concentrated pressure or friction on the skin.

With hard corns this is most often the result of poorly fitting shoes, which squash the toes. The shoes rub the skin overlying a small rough area of bone. Over time, this causes the skin to thicken and a corn to form.

Soft corns occur when the skin rubs together between the toes. They are known as soft because moisture prevents them from drying out and hardening.

## SYMPTOMS

Hard corns will cause pain when the nucleus presses on the nerve. Soft corns are often described as feeling like a small stone stuck between the toes.

## PREVENTION

The best way to prevent a corn is to avoid wearing tight or poorly fitting shoes. Instead, aim for shoes that reduce pressure and rubbing on the toes and forefoot.

## TREATMENT

Corns can be pared down with a scalpel by a podiatrist who will remove the thick skin. If the skin appears to be thickening again, this may be able to be treated at home with a pumice stone or file.

Alternatively a treatment using salicylic acid in an adhesive plaster format can be used to break down the intracellular bonds that hold the corn together and aid removal.

For more information please visit:

[www.carnationfootcare.co.uk](http://www.carnationfootcare.co.uk)

or speak to your podiatrist.