

What are fibrous corns?

Fibrous corns occur as a result of a long standing hard corn. They become firmly adhered to the deeper tissues and can be painful in nature. They often grow outwards from the foot making it difficult to walk or wear footwear.

Patient advice and liaison service (PALS)

If you have a compliment, complaint or concern please contact our PALS team on 020 7288 5551 or whh-tr.PALS@nhs.net

If you need a large print, audio or translated copy of this leaflet please email whh-tr.patient-information@nhs.net. We will try our best to meet your needs.

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Date published: 15/12/2022
Review date: 15/12/2024
Ref: ACS/Pod/Corn&Call/02

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CORNS AND CALLUS

A patient's guide



What is Callus?

Calluses are areas of thick hardened skin that form on your feet because of pressure, friction or trauma. These are usually large and irregular in shape. Callus usually occurs on bony areas that need to carry your weight. Some degree of callus formation is normal and not usually serious.

What are Corns?

Corns usually present as small and round lesions that can be associated with a callus build up. There are several types of corns:

1. **Hard corns:** These are small areas of skin that are densely packed together and usually within an area of callus. They usually form in areas where there is bone pressure against the skin.
2. **Soft corns:** These are usually white/grey in colour and are softer with a more rubbery texture. These usually occur between toes where there is rubbing/friction and a build up of moisture.
3. **Seed corns:** these corns are small lesions usually on the bottom of feet. They can be present individually or several together. Mostly they are asymptomatic.



What are the causes of corns and callus development?

- Ill fitting footwear – causes shearing, friction and pressure
- Walking, running or standing for prolonged periods of time
- Certain sporting activities or occupations
- Walking barefoot
- Not wearing hosiery when in footwear
- Poor posture
- Structural deformities of the feet – bunions, hammer toes

How to manage corns and callus

- Good fitting footwear
- File the skin a few times a week on dry skin using a pumice stone or emery foot file
- Moisturise daily using a good thick oil rich cream or one that contains urea
- DO NOT USE CORN PLASTERS OR OTHER ACID PREPARATION AS THEY CAN CAUSE DAMAGE AND OPEN WOUNDS.
- If you have diabetes, autoimmune condition, poor circulation or neurological condition, please seek advice from a Registered Podiatrist.

What are Neurovascular corns?

These are corns where both nerve fibres and blood vessels have become attached. They can be very painful and bleed easily. If you have such a problem always seek help from a Registered Podiatrist. These are common in people who smoke.

