

Corns & Calluses



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Callus is caused where areas of skin that have encountered an increase in pressure or friction become thickened and extended from the skin. It will often be formed as a result of ill-fitting footwear, a particular style of walking or on bony prominences. In some cases a natural tendency to form it will be present due to skin type. Calluses are “dead” skin and can often cause a burning pain. They will be yellowish and sometimes waxy in appearance and are more prone to becoming dry and cracked than other types of skin on the feet. You may be tempted to remove this skin yourself using sharp implements, caustics or by picking it off. These methods should be avoided as they can easily cause damage to the surrounding healthy tissue and lead to serious foot problems. The best way to remove callus is to visit a podiatrist although many people can help manage the issue with the use of a pumice stone or emery style foot file.

Corns are caused by high levels of pressure over areas of the feet. They come in a few different types but commonly as a hardened plug in the skin, often in a shape similar to a drawing pin. Corns are always located in fresh tissue and as such must be carefully and skilfully removed. This procedure should be carried out by a trained podiatrist. Over the counter remedies such as corn plasters contain acid and can cause burns in the healthiest of tissue in a very short space of time. Extreme caution should be used by anyone choosing to utilise them as they will not only target the corn but also the surrounding healthy skin.

