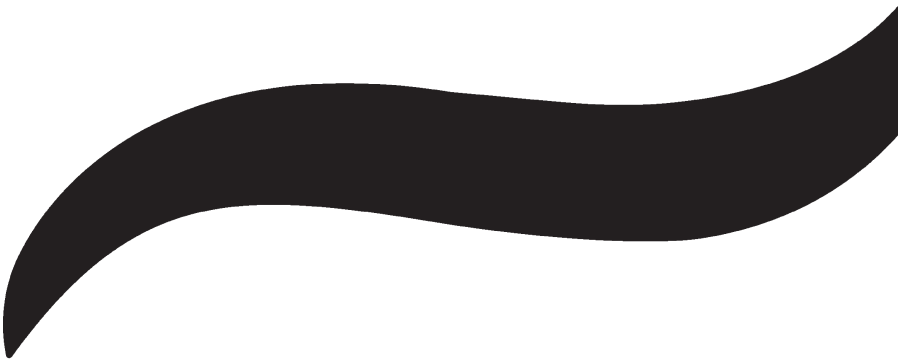




Hard Skin and Corns

Information for patients
University Department of Podiatry

If you have a hot, red, swollen or painful foot with blood, pus or other discharge from an open wound, Please contact the department as soon as possible.

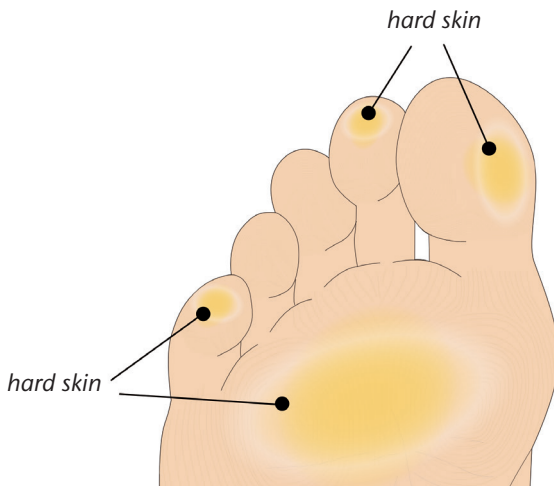


WHAT IS HARD SKIN?

Hard skin (also known as callous) is the thickening of the skin. This is the skin's way of protecting itself, so the skin doesn't break.

It commonly occurs over the joints of your toes, the heels and the balls of your feet. If the skin dries, it may crack or split and may become infected.

If left untreated the build-up of hard skin can be painful and regular self-care can prevent this.



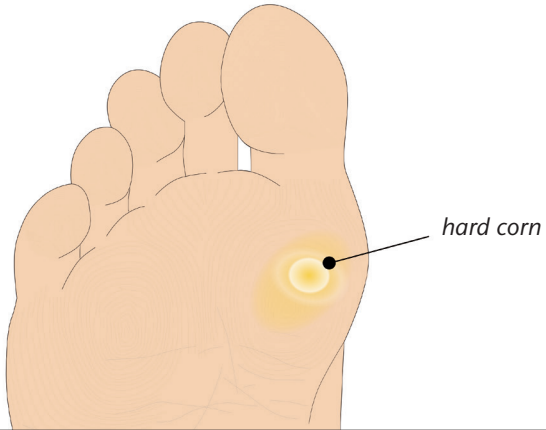
WHAT IS A CORN?

Corns are caused by pressure and friction over bony areas. A corn is a plug of tough skin, often under hard skin and can be quite painful.

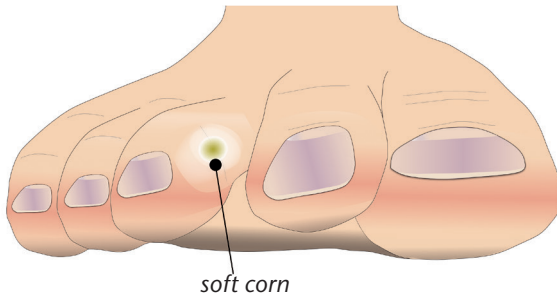
There are several different types of corns:

Hard corn	This is the most common type and is caused by pressure. Normally they have a build-up of hard skin over them.
Soft corn	These corns appear in between toes where the skin is moist from sweat or not drying your toes properly. They look white and feel rubbery to touch.
Seed corn	ese are very small and usually painless, normally caused by dry skin.
Vascular/ Neurovascular corn	These are corns that can have a blood vessel or nerve attached to them. They can be very painful and tender to touch.
Fibrous corns	Can be painful and occur if not treated or prevented for a long time.

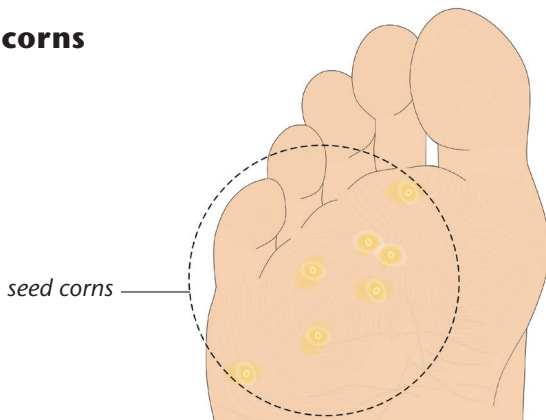
Hard corn



Soft corn



Seed corns

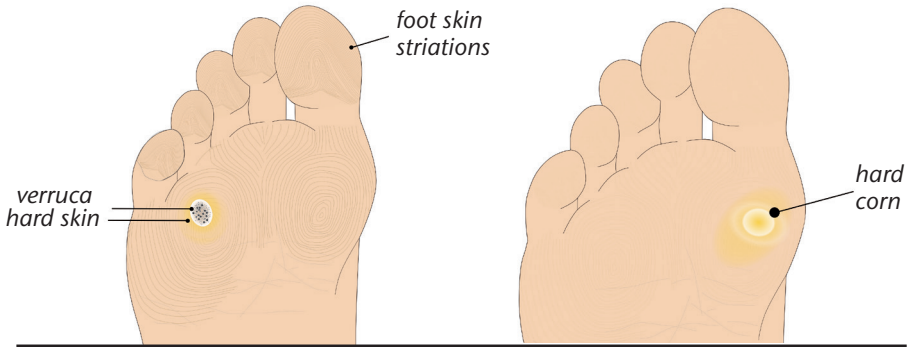


COMMON CAUSES OF HARD SKIN AND CORNS

- ❖ Ill-fitting footwear -causing pressure or rubbing over the skin.
- ❖ Foot shape/structure
- ❖ Dry skin
- ❖ Health conditions and medications causing dry skin
- ❖ Genetics
- ❖ Smoking
- ❖ Obesity

WHAT IS THE DIFFERENCE BETWEEN A CORN AND A VERRUCA?

- ❖ Verruca appear to have small black dots (like a pepper pot) present in the skin.
- ❖ The lines of the skin are moved around the verruca.
- ❖ They can appear anywhere on the skin.
- ❖ Pain may be felt when squeezed from the side.
- ❖ Corns form over a pressure area on the foot. This most commonly happens over a bony joint.
- ❖ The lines of the skin are not disturbed and lie over the corn.
- ❖ The overlying build of up of skin may have a yellow appearance.
- ❖ Pain will be felt on direct pressure.



HOW TO SELF-TREAT HARD SKIN AND CORNS

Do	Don't
When skin is dry use a pumice stone or file over the area of hard skin.	Use corn plasters or paste that contains acids.
Wear well-fitting shoes with a wide toe box and Velcro/tie laces.	Pick at corns or callous.
Wear socks with your shoes.	Apply any moisturising cream between the toes.
Dry your feet well after washing taking care in between the toes.	Wear high heels, uncomfortable shoes or shoes that are wrong size.
If in between the toes is moist use surgical spirit, apply with a cotton bud to dry area up. Never use on broken skin.	If your feet are at risk (you have diabetes or circulation problems) don't use battery operated callous removers.
You can purchase wedges and toe covers to prevent toes from rubbing - always remove at night.	

WHEN AND HOW TO REFER INTO NHS PODIATRY

A regular self-care routine should keep foot problems to a minimum.

- ❖ If your foot care issues are not improving with regular selfcare treatment and are becoming painful/ uncomfortable you should seek help from a private HCPC registered podiatrist. A referral to NHS podiatry should be made if you have.
- ❖ Painful corn that reduces your ability to walk.
- ❖ Have any breaks in the skin.
- ❖ Infection (redness, pain any discharge etc.).

USEFUL LINKS

- ❖ ccop.org.uk/foot-health
- ❖ www.gov.scot/publications/personalfootcare-guidance
- ❖ www.knowledge.scot.nhs.uk/home/portals-and-topics/personalfootcare.aspx
- ❖ www.nhs.uk/live-well/quit-smoking/nhs-stop-smokingservices-help-you-quit/.

CONFIDENTIALITY AND THE USE OF PATIENT INFORMATION

NHS Lanarkshire take care to ensure your personal information is only accessible to authorised people. Our staff have a legal and contractual duty to keep personal health information secure, and confidential. In order to find out more about current data protection legislation and how we process your information, please visit the Data Protection Notice on our website at www.nhslanarkshire.scot.nhs.uk or ask a member of staff for a copy of our Data Protection Notice.

NHS Lanarkshire - for local services and the latest health news visit www.nhslanarkshire.scot.nhs.uk
NHS Lanarkshire General
Enquiry Line: 0300 30 30 243

NHS inform - The national health information service for Scotland.
www.nhsinform.co.uk
Tel No: 0800 22 44 88

If you need this information in another language or format, please e-mail: Translation.
Services@lanarkshire.scot.nhs.uk



www.careopinion.org.uk

Pub. date:	November 2021
Review date:	November 2023
Issue No:	02a
Department:	Podiatry
Clinical Lead:	

CAT416 - PIL.HRDSKN.20_17325.L
22_05283