



FAMILY FOOT AND ANKLE CLINIC

SPECIALISTS AND SURGEONS

At Family Foot & Ankle Clinic, we are committed to providing you with the highest quality of care and ensuring you have all the information you need to make informed decisions about your health.

If you have any questions or concerns, please don't hesitate to reach out to us. You can contact our office directly at 763-421-7300. Additionally, you can visit our website at <https://familyfootmn.com/> for more resources and information about our services.

Thank you for choosing us for your healthcare needs!

Difference Between Corns and Calluses

Corns and calluses are both accumulations of dead skin, usually due to excessive pressure. This is how the body responds to excess pressure, by forming layers of protective skin to pad these areas. This excess skin, usually found over bony pressure areas, does not always cause pain. However, if the buildup becomes great enough, and the area has too much dead skin, it can lead to pain as well as blistering, ulceration, and subsequent potential infection.

Calluses

A callus is a thickened area of skin that forms as a result of friction. It is flatter and more spread out than a corn, and usually occurs on the bottom of the foot, most commonly under the balls of the feet, sides of the feet, and around the heels.

Corns

A corn is a small, circular, hard particle or seed of thickened tissue on the foot, usually present in people with foot deformities, like hammertoes or bunions, therefore forming on the tops of the toes or over other bony prominences. It usually forms due to repeated pressure on the skin, such as the rubbing of a shoe. The name "corn" comes from its resemblance to a kernel of corn. A corn is different from a callus in that it has a central core of hard material.

Cracked Heels

There are many potential causes of cracked heels, but this particular problem **can get worse with wearing open-back shoes (would avoid this), increased weight, or increased friction from the back of shoes.** Dry, cracked skin can also be a subtle sign of more significant problems, such as diabetes or loss of nerve function (autonomic neuropathy). If an open sore is noted, make an

appointment with a foot and ankle surgeon for evaluation and treatment.

Treatment of Corns and Calluses

The initial treatment must be to reduce the problematic skin growths. This must be done *professionally*. NEVER use a sharp object like a razor blade or scissors on your corns or calluses, especially if you have diabetes or circulatory problems. Also, stay away from corn remover products! These products contain acid which will burn, not only the dead skin, but also the good surrounding or deeper underlying skin, which can cause irritation, injury, or infection. Those with diabetes and/or circulatory problems are at even greater risk if they use these products.

Recommended Treatment Options:

- Wear Proper Shoe Gear– helps to reduce the amount of shear forces and pressure to “at risk” areas. Ask your doctor for a list of approved shoe gear.
 - For *heel callus*, in particular, avoid use of open-backed shoes or sandals.
- Pumice Stone/Emory Board – it may be beneficial for you to LIGHTLY file down your calluses using a pumice stone or emory board. This can be done in the shower or after soaking in warm (NOT hot) water.
- Urea Cream – Urea is a keratolytic, meaning it helps to break down excess keratin (or excess skin buildup). Recommend using 20% strength cream on feet if mild callusing and 40% strength cream on feet if callusing is moderate-to-severe. Example below (comes with pumice stone/brush)

- https://www.amazon.com/PurSources-Urea-40-Foot-Cream/dp/B01N7ULJSD/ref=pd_sbs_194_t_0/136-6697993-6459814?encoding=UTF8&pd_rd_i=B01N7ULJSD&pd_rd_r=f5d059d1-9539-4bca-9d5a-6ca05d2c0412&pd_rd_w=H28fz&pd_rd_wg=Fp7ct&pf_rd_p=5cfcfe89-300f-47d2-b1ad-a4e27203a02a&pf_rd_r=544ZMMSSZ16KT0M2CT6F&psc=1&refRID=544ZMMSSZ16KT0M2CT6F



- Offloading Pads (can be found at myfootshop.com --> Toe or Forefoot Products)
 - Examples of pads to try for corns – toe sleeve, toe protector, toe cap, corn protector (pictures below, top row)
 - Examples of pads to try for plantar foot calluses – metatarsal/neuroma

pads, horseshoe/U-shaped pads (pictures below, bottom row)

