

Corn

A corn is a callus in the skin, which is located at the foot and embedded in the skin. It can have a glasslike, yellow look and get so hard that it causes pain. There exists 2 types of corns:

1. Hard corn: Can be located all over the foot, but most often at the heel or under the forefoot. If the pressure is removed from the exposed area, the corn will disappear with time.
2. Soft corn: small, thickened skin areas can occur between toes due to poor toe position. A soft corn can be painful even with no pressure at the foot.

Causes

1. Poor footwear:
 - To small shoes
 - To big shoes, in which the feet slide around
 - High heeled shoes, in which the main weight lies on the forefeet
2. Plantar warts: A plantar wart can develop into a corn, if it grows inwards in the foot

Treatment

The callus is trimmed, and then we can decide whether a corn is hidden underneath. If that is the case, you should go to a chiropodist and get it removed.

What can you do

- Trim the callus regularly, preferably after a warm foot bath and after use of a moisturising lotion/ointment
- Use a special corn band aid (Compeed/Scholl) and change it every 2. day until the corn has disappeared
- Use specialised soles in the shoes and thick well fitted socks, which takes pressure off the feet.
- Well fitted shoes are important - without edges that puts pressure on the exposed area
- Change shoes often, so the pressure is equally distributed at the feet
- In case of chronic pains, it is possible to get specially fitted shoes made by an orthopedic

Links

- <http://patient.info/health/corns-and-calluses>
- <http://www.mayoclinic.org/diseases-conditions/corns-and-calluses/basics/definition/con-20014462>
- <http://www.skindsight.com/adult/cornClavus.htm>