

CORN/CALLUS

A corn or a callus refers to a thickened area, which develops on the feet or hands. Normally these are present on the top of the little toe or on the sole on the ball of the foot. A corn or callus becomes a problem when the skin gets so thick that symptoms develop such as discomfort, pain, or swelling.

It is important to remember that a corn or callus is not a true wart. Many patients think they have a wart on the foot where the corn is present. It is possible to determine whether a growth is a wart or corn by peeling down the thick skin on the top. This is done in the office at your visit.

In many ways it is better to have a corn or callus because a wart is a virus infection and can often spread quite rapidly. A corn is not an infection and never spreads. Since the corn develops from pressure though, it is possible that the thick skin can come back over the course of time.

The treatment for a corn or callus is removing the thick skin, which is causing the pressure and pain. This can be done in the office but it is also important to be able to do this at home to avoid visits in the future. There are many over the counter products such as Duofilm, which comes in liquid or patches, and Mediplast, which also comes in a patch. When the corn or callus gets thick enough to cause problems, then these treatments can be started until the thickness goes away.

A corn or callus is usually a minor skin problem, which can be treated very effectively in the office or at home. If you have any other questions about this problem, please do not hesitate to ask me before you leave the office.