

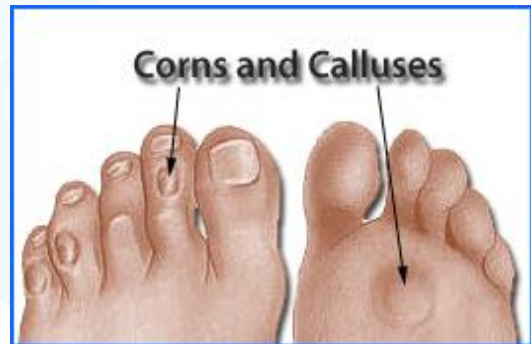
Corns and Calluses

Calluses and corns are hardened, thick skin layers that end up developing when the skin attempts to protect itself from pressure and friction. Most of the time, they end up developing on the feet, hands, fingers and toes. Calluses and corns can be quite unsightly. If you are a healthy individual, you only need to get treatment for calluses and corns if they are providing you with discomfort. For the majority of people, eliminating the cause of the pressure and friction will make the calluses and corns disappear.

For those who have diabetes or a different condition causing poor foot circulation, you are at an increased risk of complication from calluses and corns. Seeking the advice of a medical professional when you have this condition is the best resource for eliminating them.

Corns and Calluses Explained

Three main layers make up the skin. The epidermis is a superficial layer making up the skin's surface. At the top of the layer, there are flat, dead skin cells that are shed every two weeks. Thickness of the epidermis will vary based upon where it is located. The dermis is underneath of the epidermis. There are two layer making up the dermis with a connective tissue referred to as collagen. This layer has blood vessels, sweat glands, nerves and hair follicles. In the subcutaneous layer, you will find blood vessels, nerves, fat and connecting tissue.



How to Treat Corns and Calluses:

1. Chiropody

Seeing a chiropodist is generally considered the best form of treatment.

2. Trimming

Your doctor may also be able to pare down any thickened skin and trim large corns with a scalpel at a traditional office visit. Avoid trying to trim them yourself because you could end up causing an infection.

3. Salicylic Acid

The doctor office can apply a patch that contains 40 percent of this solution, which is available without having to have a prescription from the doctor. You will be informed about how to replace the patch and whether you need to use a metal nail file or pumice stone to smooth all of the dead skin away before a new patch is applied. The acid is available in a topical form with a prescription when needed for a larger area.

4. Antibiotic Medication

Applying an antibiotic ointment to the area can help to reduce the potential of infection from occurring.

5. Shoe Inserts

If you have a foot deformity, custom-made inserts can help prevent the calluses and corns from reoccurring. Your therapist can advise you on the best course of action, or a podiatrist will be able to give further information.

6. Surgery

In rare instances, it might be necessary to undergo surgery for correcting the alignment of the bone that is responsible for the friction.

Tips:

- Avoid over-wearing shoes that have high heels or are too tight because they will compress your foot.
- Wearing sandals and shoes without socks can cause undue friction on your feet.
- Make sure your socks fit properly to avoid unnecessary friction.
- Calluses on the hands can be the direct result of using tools on the job requiring a lot of pressure, as well as in the garden and around the home.
- Friction and pressure from repetitive actions will cause calluses and corns to grow and develop.
- One of the best ways to stop corns developing is to stop putting pressure through those areas. So you might look at a new pair of trainers if you are a runner, or gait modification, or changing a particular sport or hobby.