

What is a Corn?

Corns are small skin calluses caused by chronic irritation of the skin between an underlying bony prominence and an overlying outside source, usually a shoe.

Soft Corns

These look like open sores or calluses between the toes, but they are really soft calluses. They are usually found between two smaller toes where the skin is moist.



Causes

- Soft corns are caused by pressure on the skin from a bony prominence on the next toe.
- Shoes with a pointed toe box squeeze the toes together and can cause the corn to develop.

Treatment

- Wear shoes with plenty of toe room.
- Use lamb's wool between the toes to separate them.
- DO NOT try to perform home surgery to remove the corn.
- If the painful corn cannot be relieved by the measures above, a simple surgical procedure can be performed to correct it. It is done on an outpatient basis.

Hard Corns

These corns are commonly located on the outside aspect of the 5th toe and the upper aspect of the smaller toes where the skin is dry.



Causes

- Hard corns are caused by an underlying bony prominence pushing against the shoe, resulting in skin irritation and thickening.
- Again, shoes with narrow and low toe boxes bunch up the toes causing these pressure areas on the skin.
- Hammer toe, claw toe, and mallet toe deformities increase the likelihood of hard corn formation. (Please see the hammer toe info sheet for more information on these deformities).

Treatment

- High and wide toe box shoes usually relieve pressure on the corns.
- Shaving of the corn and then using the horseshoe or donut hole shaped pads may distribute the pressure to the periphery, away from the sensitive center of the corn.
- If the measures described above cannot give sufficient relief of pain, surgery can be performed to improve your comfort. This surgery is usually done on an outpatient basis.