



Corns

Patient Information

WHAT IS A CORN?

A Corn is a small, thickened area of skin that develops as a result of repeated pressure or friction. Corns press into the deeper layers of the skin and can be painful. They are typically round in shape.

- **Hard Corns (Heloma Durum)**
 - **Location:** Tops of toes, outer edge of the little toe
 - **Appearance:** Small, dense, and circular with a hard centre
 - **Cause:** Pressure from tight or narrow shoes
 - **Pain level:** Often painful when pressed
- **Soft Corns (Heloma Molle)**
 - **Location:** Between toes, usually 4th and 5th
 - **Appearance:** White, rubbery, and moist due to sweat
 - **Cause:** Toe-to-toe friction in a damp environment
 - **Pain level:** Can be very painful and prone to infection
- **Seed Corns**
 - **Location:** Bottom of the feet
 - **Appearance:** Tiny and less painful, sometimes not noticed
 - **Cause:** Unknown, but possibly due to dry skin and friction

COMMON CAUSES

- Tight, narrow, or high-heeled shoes
- Not wearing socks or wearing socks that don't cushion well
- Abnormal toe position or foot structure (e.g. hammertoes, bunions)
- Repetitive motion or standing for long periods
- Poor foot hygiene or moisture imbalance

TREATMENT

- **Footwear changes:** Roomy, well-cushioned shoes that reduce pressure
- **Protective pads or toe separators:** Reduce friction and cushion the area
- **Soaking and exfoliating:** Warm water soaks and gentle use of pumice stone
- **Moisturisers:** To keep skin soft and reduce buildup
- **Salicylic acid products:** Help dissolve the thickened skin (use cautiously)
- **Medical removal:** A foot health professional can safely pare corns if they're painful or infected