

## What is it?

Corns and calluses are patches of thick, hard skin. They usually form on feet and toes but can also form on hands and fingers. They are caused by pressure or friction on the skin and rarely cause problems. A corn is a small, painful, inflamed area of thick skin. A callus is bigger and not usually painful.

## What will my GP do now?

Your GP will ask you questions to find out what is causing your corn or callus. They may treat the affected area by soaking in warm water, filing down the skin and applying a cream. Your GP will also show you how to look after your skin and treat your corn or callus at home. In rare cases, your GP will refer you to a specialist called an orthopaedic surgeon to remove your corn or callus.

## What will my GP do in the future?

Your GP may want to see you for a follow up appointment to check on your corn or callus. If it hasn't improved, your GP may refer you to a surgeon. Your GP may also refer you to a podiatrist to help you manage your foot health.

## What can I do?

To help your corn or callus heal, you can wear protective gloves, especially for manual, outdoor or repetitive tasks. Wear well-fitting, comfortable, flat footwear. Use a protective adhesive over the corn or callus. Your GP may tell you to gently file the affected skin and use a soothing cream. See your GP if your corn or callus does not go away with treatment.

### If you have diabetes or poor blood flow

Take special care so treatment doesn't lead to a foot infection.

Have frequent check-ups with your GP if you have foot problems.

Your GP will refer you to a podiatrist if you have numbness, pins and needles or weakness in your feet.

See the [diabetes foot screening factsheet](#) for more information.

## What questions could I ask my doctor?

- How can I look after my skin?
- What creams will help?
- Am I at risk of any other problems?



## What supports are available?

If you need it, your GP can refer you to a local high risk foot service in the South Western Sydney Local Health District.

- **Bankstown High Risk Foot Service:** Phone 9722 8360
- **Liverpool High Risk Foot Service:** Phone 8738 8296
- **Macarthur High Risk Foot Service:** Phone 4634 3777

Your GP can also refer you to a private podiatrist to help you manage your foot health.

## Where can I learn more?

- **The Feet People** – Corns and calluses: [thefeetpeople.com.au](http://thefeetpeople.com.au)