

## Corns and Calluses



### Overview

These are patches of rough, thick skin. Many people have them on their feet. They can form because of pressure or friction, often because of shoes that don't fit properly. Corns and calluses are your skin's way of protecting itself. They are similar, but they are two different things.

### Corns

A corn is a small bump with a hard center. It may have a cone shape. Corns are caused by the pressure of a bone pressing against your skin. They are often found on the tops or sides of the toes, between the toes, and on the balls of the feet. A corn may be painful when you press against it, and the skin around it may be inflamed and tender.

### Calluses

A callus is often larger than a corn, but the edges are not as well defined. Calluses are caused by repeated friction against your skin. They are often found on the soles of the feet. They don't usually cause any pain.

### Treatment

Treatment options usually involve trimming or removing the thickened skin and then protecting the area so your corn or callus doesn't return. Pads and shoe inserts can help. Your healthcare provider can create a plan that's right for you.

