Hard Skin and Corns

What is it, and what is the cause?

Our skin is designed in such a way that areas which are put under high pressure or friction, respond by thickening to protect our feet.

Keratin is a protein found in our skin, which accumulates on the surface of the skin when under pressure, forming a thick protective layer called a callus, which has a yellowish colouring to it.

The way we walk contributes to the way pressure is distributed on our feet.

The thickening layers of the skin can feel tight, and itchy and cause pain when you walk, especially around the heels.

For people who have diabetes, the build-up of hard skin can cause wounds to form underneath the callus. It is advisable to visit a podiatrist to have the hard skin paired away.

Corns are thickened dense areas of hard skin, which can sometimes develop on the feet. They can be more painful than calluses.

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How can it be treated?

Moisturising your feet with a urea-based cream every day, will do just the job. It goes a long way to help break down the hard skin and hydrate the skin.

Gently filing any areas of hard skin with an emery board weekly will also help, as well as making sure you wear shoes and socks that are cushioned, supportive and well-suited to the shape of your feet.

Ask us for more details and we can see what approach will work best for you.

Consider the material in the socks you wear, natural fibres such as cotton, wool and bamboo are great for your feet. They allow your feet to breathe.

Socks add an extra layer between the skin and the shoe, preventing blistering and chafing of the skin.

For more information, contact us at Tel. 0118 304 9389 or book online