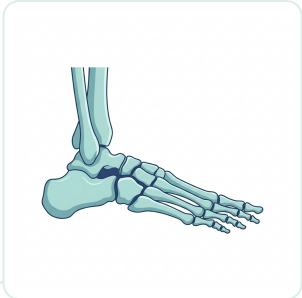


PATIENT EDUCATION · SKIN & NAIL CONDITIONS

Calluses & Corns

Calluses and corns are areas of thickened skin that build up in response to repeated pressure or friction — often from foot structure, toe deformities like hammertoes or bunions, or footwear. A callus is a broader area of hard skin, usually on the sole; a corn is smaller and deeper with a firm center, often on or between the toes. They are the skin's defense mechanism, but they can become painful — and the underlying pressure problem is what needs to be addressed for lasting relief.



For educational illustration only.

At a Glance

Focus area	Skin & Nail Conditions
Goal of care	Calluses and corns are areas of thickened skin that build up in response to repeated pressure or friction — often from foot structure, toe deformities like hammertoes or bunions, or footwear.
Where it's provided	In our office or a surgical center, based on your evaluation and what is clinically appropriate.
Your next step	A consultation with Dr. Stephen Wigley IV to review your symptoms and options.

Who May Benefit

- Anyone with painful thickened skin on the feet or toes
- Patients whose calluses return quickly after home care
- Patients with diabetes — who should never self-treat calluses or corns

When to Seek Care

- A callus or corn that is painful or growing
- Cracking, redness, or drainage around thickened skin
- Recurring buildup in the same spot
- Any callus or corn if you have diabetes, neuropathy, or circulation problems

How We Evaluate

- Examination of the skin and the pressure source beneath it
- Assessment of foot structure, toe alignment, and footwear
- Screening for wounds or infection beneath thick calluses

Treatment Options

- Safe professional trimming (debridement) for immediate relief
- Padding, cushioning, and footwear guidance
- Orthotics to redistribute pressure and slow recurrence
- Correction of underlying deformities for select patients

What to Expect

1	2	3
Immediate relief from safe, professional trimming	A plan targeting the pressure source, not just the skin	Prevention strategies to slow or stop recurrence

Common Questions

Can I cut my calluses or corns at home?

Home 'bathroom surgery' risks cuts and infection — and is especially dangerous for patients with diabetes or poor circulation. Professional trimming is quick, painless, and safe.

Why do my calluses keep coming back?

Calluses return because the pressure that caused them is still there. Addressing foot structure, footwear, and pressure points is how we slow recurrence.

Sources & Further Reading

- American College of Foot & Ankle Surgeons — FootHealthFacts.org
- MedlinePlus, U.S. National Library of Medicine — medlineplus.gov
- American Podiatric Medical Association — apma.org

Questions? Call Wigley Feet at (305) 895-9528 to schedule an evaluation. New patients can also request an appointment at www.wigleyfeet.com.