

How to Treat Corns

Expert
Reviewed

Three Methods: [Treating Corns with Home Remedies](#) [Preventing the Development of Corns](#) [Treating Corns Medically](#)

Corns, which are closely related to callouses, are a thickening of the skin that occurs when an area is subject to prolonged pressure. They may appear throughout the body, but are particularly common on the feet. They typically are not much of a medical risk; however, if you do find yours to be inconvenient, there are ways to treat them.

Method 1

Treating Corns with Home Remedies

- 1 Recognize that you have a corn.** If you have a large, hard, thick protrusion, made entirely of skin, it is likely that you have a corn or a callous. If it bleeds or oozes it is not a corn. Instead it might be a wart.
 - A corn will have a center of skin that is of a slightly different thickness than the rest of the mass, whereas a callous will be consistent throughout. It can be hard to distinguish the two, but it is not necessary. You will treat both the same way.^[1]
- 2 Soak the affected area.** This is the simplest way to get rid of a corn. The skin will become soft after soaking, and you will be able to easily remove the dead skin. Just soak your problem area in warm water for ten or twenty minutes. Use a pumice stone to gently sand the corn away. Repeat the treatment as many times as necessary.^[2]
- 3 Use moisturizing cream.** Like soaking the foot, moisturizing cream will soften the corn, making it easier to remove with a pumice stone. Apply ample cream and allow it to sink in and loosen up the skin. Repeat this process until the corn has been removed.
 - One strategy is to apply ample cream and cover overnight with a plastic bag or sock. This will trap in the moisture. In the morning use the pumice stone to remove the dead skin.
 - Alternatively you can shower, apply moisturizer, and then rub off the dead skin.^[3]
 - Moisturizers with the active ingredient "urea" can be particularly effective for treating corns and callouses.
- 4 Do not cut the corn away.** As mentioned in previous steps, you will want to rub the corn with an abrasive surface to help remove the dead skin. Do not, however, take a sharp object and try to cut the corn. This can be extremely dangerous.

Method 2

Preventing the Development of Corns

- 1 Change shoes.** Corns are generally caused by ill-fitting shoes. Purchase a new pair of shoes. Measure your feet at the store to determine if you have been purchasing shoes of the right of size. Typically, corns are a sign that your footwear is too tight.^[4]
 - If corns are developing on the front of your toe, it is probably because the shoes are not long enough, whereas if it is developing between toes, it is because they are not wide enough. If you are getting them on the back of your foot near the heel, it is probably because the shoes are too loose.^[5]
 - High heels can also cause corns. Refrain from wearing these if you have an issue with corns.
- 2 Trim your toenails.** It is possible that your shoes suddenly aren't fitting because you have allowed your nails to get too long. When the shoe becomes too tight on your foot, friction is created which in turn can lead to the growth of a corn.^[6]

Use silicone wedges. Wedges fit around or between toes to prevent them from rubbing together. This will limit friction,

- 3 slowing the development of corns. Place the wedge on the affected area and walk normally.^[7]
- 4 **Wear protective pads.** Orthotic shoe inserts or moleskin will hold the foot in a comfortable position and prevent it from rubbing on the shoe. Insert the pads where you are feeling discomfort.^[8]

Method
3**Treating Corns Medically**

- 1 **Use salicylic acid.** Many solutions with salicylic acid are sold over the counter to treat corns. Apply the acid directly on the corn; it will help soften the skin that has been hardened. Be careful to apply the acid only on the lesion, as it can harm the healthy tissues surrounding it. Use the remedy each day, after you shower or take a bath, until the condition is treated.^[9]
 - You may want to purchase salicylic acid plaster patches, which are sold over the counter and contain up to 40% salicylic acid. To use the patch, file down the corn, then cut the patch to an appropriate size and apply over the corn. Keep the plaster in place for 48 to 72 hours and keep it dry. You can apply these until the corn has disappeared; make sure you are using a pumice to remove dead skin between each application.
- 2 **Get corrective surgery.** Surgical removal of corns are rare, because they often return after removal.^[10] If your doctor for some reason considers surgery, it is more likely that they will shave the bone or correct a deformity that it is creating an unnatural gait. Once you are walking normally, your corns might cease to appear. This procedure, however, is rare.^[11]
- 3 **Seek medical assistance if the corn becomes infected.** If the corn is painful, discolored, swelling, or draining liquid, it is likely that it has become infected. The doctor might perform a small operation to drain the liquid or prescribe antibiotics to treat the infection.

Tips

- Give your feet enough rest. Overuse can produce serious health risks.
- Protect your hands by wearing gloves when working with tools.

Warnings

- See your doctor when you feel intense pain. In addition to this, people who have problems with their body's circulatory system must tell their doctor about a corn. People who have diabetes, peripheral neuropathy, arterial disease, and numbness should talk to their doctor if they have a corn.

Sources and Citations

1. <http://www.webmd.com/skin-problems-and-treatments/tc/calluses-and-corns-topic-overview>
2. <http://www.ncbi.nlm.nih.gov/pmc/articles/PMC2351151/>
3. <http://www.webmd.com/skin-problems-and-treatments/understanding-corns-calluses-treatment>

Show more... (8)