

# Corn Support Guide



## London Clinics: Putney & Balham

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### What is a corn?

The top layer of your skin is made of dead cells called the stratum corneum—the word corneum comes from the Latin for "horned" because this layer is tough and protective. When your skin experiences repeated rubbing or pressure, it responds by thickening to protect itself. This process is called hyperkeratosis—"hyper" meaning too much, "kerat" referring to keratin (a tough skin protein), and "osis" meaning process. A corn is a small, kernel-shaped patch of this thickened skin. It forms as a result of how your foot interacts with its environment—like your shoes or the surfaces you walk on.

### Corn Variants:

#### Hard Corn (Heloma Durum)

- **Location:** Over bony prominences—commonly the tops of toes or under the forefoot.
- **Description:** The classic corn—firm, dense, and painful with a central core caused by pressure or friction.

#### Apical Corn (Heloma Apicale)

- **Location:** Tip (apex) of the toe, especially in clawed or hammer toes.
- **Description:** Pressure from toe deformities forces the skin at the tip to thicken into a painful corn.

#### Lister's Corn

- **Location:** On the lateral side of the 5th toe, overlying the distal phalanx.
- **Description:** Small but mighty! This corn forms over an accessory bone and can be tricky to treat due to its deep-set nature.

#### Soft Corn (Heloma Molle / HM)

- **Location:** Between toes.
- **Description:** Soft, white, and soggy from moisture—caused by rubbing between toes and often painful.

#### Durlacher's Corn

- **Location:** Between the 4th and 5th toes.
- **Description:** A subtype of soft corn, often trapped between toes due to tight shoes—moist, pale, and painful.

#### Seed Corn (Heloma Milliare / HM)

- **Location:** Heel or ball of foot.
- **Description:** Tiny, painless corns that look like seeds—usually not problematic unless clustered or on a weight-bearing area.

#### Fibrous Corn (Heloma Fibrosum)

- **Location:** Anywhere hard corns persist over time.
- **Description:** A hard corn that becomes fibrous and deeply embedded.

#### Apical Corn (Heloma Apicale)

- **Location:** Tip (apex) of the toe, especially in clawed or hammer toes.
- **Description:** Pressure from toe deformities forces the skin at the tip to thicken into a painful corn.

#### Periungual Corn (PUC)

- **Location:** Around the nail folds, especially on the little toe.
- **Description:** A hard corn that pushes into the nail wall—can mimic ingrown nails and cause inflammation.

#### Neurovascular Corn (Heloma Neurovasculare / HNV)

- **Location:** Under toes or forefoot.
- **Description:** A painful corn that has grown blood vessels and nerves—very sensitive

#### Subungual Corn (SUC)

- **Location:** Under the toenail.
- **Description:** Often mistaken for nail problems, this painful corn builds beneath the nail plate due to pressure or trauma.

## Looking After Your Feet: Preventing Corns

### Choose well-fitting shoes

- Make sure your footwear has enough space for your toes, offers good support, and stays securely in place.

### Opt for soft, breathable materials

- Cushioned and breathable shoes help reduce friction and keep your feet comfortable.

### Avoid narrow or high-heeled shoes where possible

- These can place extra pressure on certain areas of the foot.

### Use protective padding if needed

- Products such as gel pads, toe sleeves, or silicone separators can offer gentle relief from pressure or rubbing.

### Keep your skin moisturised

- Regular moisturising helps maintain soft, healthy skin and may prevent hard skin from forming.

### Gently file areas of thickened skin

- Using a pumice stone or foot file after bathing can help reduce build-up.

### Try not to walk barefoot on hard surfaces

- Especially on rough flooring or outdoors, as this can increase friction and irritation.

### Rotate your footwear

- Changing your shoes regularly allows them to dry out and avoids repeated pressure on the same areas.

### Consider orthotics or simple foot exercises

- These may help address any underlying foot mechanics that contribute to corn formation.

### Check your feet regularly

- Early signs of pressure or hard skin can often be managed with small adjustments before corns develop.

## Supporting Shopping List

Your practitioner will explain the type of corn you have and recommend the most suitable support tailored to your needs. They'll also share helpful tips to maintain your foot health between appointments. Below is a list of common products that may have been used or suggested during your consultation—feel free to use it as a reference for repurchase or ongoing care at home.



Scan Me!

Hapla Hapla 2mm Semi-Compressed Self-Adhesive Chiropody Felt - likely placements interdigital & tops of toes:

<https://amzn.eu/d/3WriLmm>



Scan Me!

Hapla Hapla 5mm Mixture Felt Self-Adhesive Chiropody Felt - likely placements sole of foot, or between big & second toe.

<https://amzn.eu/d/5HjkCPS>



Scan Me!

Restorate Intensive Foot Spray 113ml - No-Touch & Non Greasy Application - Podiatrist-Designed Luxury Cracked Heel & Callus Repair - Contains 25% Urea, Vit B5 & Aloe Vera

<https://amzn.eu/d/7qm7Hfw>

If you have any questions or concerns, please don't hesitate to get in touch—we're always here to support your foot health.

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