

A large, blue, stylized number '10' with a grey shadow underneath it, positioned to the left of the main text.

I have developed painful corns on my little toe, which makes wearing shoes really uncomfortable, is there anything I can do to help relieve the pain?

Profoot's Foot Doctor, William Hutchings of the Diss Podiatry and Chiropody Clinic, Norfolk says:

Our fashion conscious and hectic lifestyles can cause our feet a lot of grief, and when the additional pressure and friction becomes too intense for our feet, the skin protects itself by forming corns – thick, hardened, harmless layers of skin.

Corns are the most common condition on the skin of the foot, and although they can be unsightly, you only need treatment if they cause extreme discomfort. For most people, eliminating the source of friction or pressure helps corns to disappear, so here are some tips to help avoid future problems and help relieve the associated pain.

- Don't cut or remove corns yourself, especially if you are elderly or diabetic
- Use a pumice stone to remove thickened skin
- Don't use corn plasters or paints which can burn the healthy tissue around the corns
- Relieve pressure between the toes with a foam wedge or a Profoot 'Toe Spreader'
- Avoid home remedies, e.g. lambswool around the toes are potentially dangerous
- Wear a wrap or form of padding to reduce friction and pressure on sore areas: try Profoot's 'Corn Wrap', a gel lined wrap which relieves virtually all pressure and friction to the toes or the 'Toe Protector' which cushions the entire toe and protects it from rubbing from footwear. Both products contain a mineral oil to soften and moisturise the skin
- Avoid wearing ill-fitting shoes – shoes which are too tight or have high heels compress areas of your feet which can cause rubbing, and thus corns
- Do wear socks – even in the summer months, as going without can lead to further friction on your feet
- If you need specialist attention, seek advice from a state registered chiropodist, who will be able to remove corns easily and painlessly