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What does a callus on the big toe look like

Like corns, a callus happens when there's a buildup of hard, dead skin over a broad area of pressure or a place where your foot is bony. Calluses are thickened hardened layers of skin that usually develop on the bottom of your foot, under the heel or the ball of foot. Some people can develop a toe callus, usually on the outer side of the big toe. Calluses can vary in size and shape, are usually much larger than corns, and can be painful depending upon where they occur. Calluses may be painful or merely unsightly, but you know you have one when you notice a large area of thickened skin, especially on the heel, ball of foot, or sides of the foot. Your outer layer of skin has special skin cells called keratinocytes, which produce calluses. It's your body's way of helping to lessen friction or pressure – often on the heel, ball of foot, and the sides of your feet. The friction or pressure could be from your shoes, sports, daily activity or merely from a unique characteristic in the way you walk. Calluses can form anywhere that pressure and friction are increased on your skin, but foot calluses usually form from the rubbing of a shoe or sock. **HOW TO GET RID OF CALLUSES AND HELP PREVENT THEM?** Unfortunately, it can be more of a challenge to remove a callus than it was to get it in the first place. You may not be able to identify the exact cause because there may be more than one. Sometimes not wearing the shoes you think causes calluses just isn't enough. There are, however, some things you can try: Wear properly-fitting shoes and rotate your shoe type on a daily basisTake pressure off your callus and it may go away, for example with the right socks and insole padding within your shoesMoisturize your feet daily to help prevent the calluses from formingCalluses tend to build up over time so use a face cloth or other mild skin cleaner to help reduce callus build up and facilitate callus removal.Soaking feet in warm soapy water helps soften the callus, and you can use a pumice stone or callus file to remove thickened skin. If you are looking for a callus treatment or have foot callus pain, try one of Dr. Scholl's® products for managing calluses on your feet: callus removers and callus cushions **SHOP PRODUCTS FOR FOOT CALLUSES: EXPLORE MORE EXPERT ADVICE FROM DR. SCHOLL'S** Related Symptoms & Conditions Related Articles Frequently Asked Questions What does a foot callus look like? Calluses typically form on the bottom of the foot or the back of the heel and appear as thick skin that is often yellow or gray in color. The skin may be rough and dry with flaking. Calluses often cover a large area of the foot and are especially common on the ball and heel of the foot. Calluses are often confused with corns which are smaller with a hard center and tend to appear on the sides and the tops of toes. How to remove foot callus Because calluses consist of multiple layers of thick, hardened skin that builds up over time, removing them can be difficult, requiring patience and continual efforts. The goal should be to lessen the callus little by little rather than trying to completely eliminate it at once. Follow these steps at least once a week to remove foot calluses at home:1.) Soak the feet in warm water in order to soften the skin and make it easier to remove calluses from the bottom of the foot.2.) Use a tool such as a pumice stone or foot file to remove layers of thickened skin. Electric callus removers can also be used to eliminate calluses. These tools diminish dead skin using an abrasive spinning head.3.) Use a moisturizing foot cream or lotion with alpha hydroxy acids or salicylic acid.4.) Apply an approved Over the Counter treatment product with salicylic acid directly to the callus to aid in removal. You can also use callus pads that contain salicylic acid in order to treat and protect the callus at the same time.Repeating these steps regularly can help diminish the callus little by little. Try to avoid removing too much of the callus at once as this can cause irritation.If you're still having trouble with calluses despite home efforts, see your doctor for an evaluation. A doctor can trim down calluses using a special instrument. In rare cases, surgery may be recommended. Never attempt to cut or trim calluses on your own using sharp instruments such as razors or nail clippers as this can lead to injury. How to get rid of callus on foot If you're trying to get rid of a callus on the foot, it's best to focus on reducing it little by little while also minimizing the issue that caused the callus in the first place. Regular maintenance and prevention steps are the most effective way to get rid of calluses on the foot.Calluses form on the foot primarily due to friction and pressure. Follow these steps to alleviate friction and get rid of calluses on the bottom of the foot:• Always wear properly fitted shoes to reduce the friction that can lead to calluses. Avoid wearing ill-fitted or tight shoes that rub against the skin.• Wear moisture-wicking socks to further reduce rubbing.• Try insoles and heel liners to improve the fit of shoes.• Use callus cushions to cut down on pressure and friction.Although it's not possible to get rid of an entire callus all at once safely using home methods, calluses can be reduced over time with regular foot care. To treat calluses on the foot, follow these steps at least once a week:• Soften calluses by soaking your feet in warm, soapy water for several minutes.• Gently exfoliate the top layers of calluses using a foot file, emery board, pumice stone or electric callus remover.• Apply a callus treatment product containing salicylic acid. The acid exfoliates top layers of dead skin cells to lessen calluses. You can even find callus cushions that are pre-treated for convenience.See your doctor if you have persistent calluses that don't respond to home treatment methods or if your calluses are causing pain and making it difficult to walk. Your doctor can reduce your calluses by trimming them. In rare cases, surgery may be recommended. Never try to cut or trim calluses at home because you could injure yourself. How to soften a foot callus Soaking the feet in warm water for several minutes is the simplest way to soften a foot callus so that it's easier to reduce with a pumice stone, foot file or callus remover. You can also soften a callus with the help of a thick, moisturizing foot cream or a callus treatment product containing salicylic acid. How to remove a callus from a diabetic foot If you have diabetes, it's especially important to take good care of your feet in order to avoid potentially serious complications. It is very important that you discuss removal of calluses from diabetic skin with your doctor before taking any action. Corns: Corns generally occur on the tops and sides of the toes. A hard corn is a small patch of thickened, dead skin with a packed center. A soft corn has a much thinner surface and usually occurs between the 4th and 5th toes. A seed corn is a tiny, discrete callous that can be very tender if it's on a weight-bearing part of the foot. Seed corns tend to occur on the bottom of the feet, and some doctors believe this condition is caused by plugged sweat ducts. Calluses: Calluses can develop on hands, feet, or anywhere there is repeated friction – even on a violinist's chin. Like corns, calluses have several variants. The common callus usually occurs when there's been a lot of rubbing against the hands or feet. A plantar callus is found on the bottom of the foot.Image Source: Copyright 2007 Interactive Medical Media LLC and Copyright © ISM / Phototake – All rights reserved.Text: "Understanding Corns and Calluses - the Basics", WebMD Medical Reference OverviewCorns and calluses are patches of hard, thickened skin. They can develop anywhere on your body, but they typically appear on your feet.Corns are small, round circles of thick skin. You're most likely to develop corns on the tops or sides of your toes or the soles of your feet. They occur more frequently on bony feet that lack cushioning.Calluses are hard, rough patches of skin. They're most likely to appear on the heel or the ball of your foot. They can also develop on your hands, knuckles, and other areas.Calluses are usually bigger than corns and yellowish in color. They lack well-defined edges. They may be less sensitive to touch than the rest of your foot.Corns and calluses are usually painless, but they sometimes become painful after an extended period of time. They can also cause pain if they become infected.In most cases, corns and calluses are not cause for serious concern. But in some cases, you may need to seek treatment from a doctor:If you have diabetes, check your feet for damage regularly. Consult your doctor if you notice any corns or calluses.If you have any other medical conditions that make you prone to ulcers or infections, let your doctor know if you develop corns or calluses.If you have corns or calluses that become infected or painful, seek medical attention. If you have corns or calluses that are red, hot, oozing, or painful, they may be infected.Corns and calluses are caused by friction and pressure. They're often a protective reaction from your body that helps prevent blisters or other damage to your skin.The most common cause of corns and calluses are shoes that don't fit well. If your shoes are too tight or don't fit properly, they may rub against your skin, causing friction and pressure.Walking or running a lot can lead to corns and calluses, even if you're wearing shoes that fit well. Standing up for very long periods of time can also cause corns and calluses.If you wear high heels frequently, you're likely to develop calluses over the balls of your feet, due to the pressure that high heels put on your feet while walking.Other possible causes of corns and calluses include:going barefootwearing socks or shoes with linings that bunchtaking part in athletic activities that put pressure on your feetperforming manual labor that puts pressure on your feetYou're more likely to get corns or calluses if you:If a corn or callus isn't bothering you, it may not require treatment. But it's a good idea to identify and remedy the cause of the corn or callus. For example, if tight shoes are to blame, change your footwear.You may need additional treatment if you have a corn or callus that causes pain or discomfort or becomes infected. If you have diabetes or any other conditions that raise your risk of infections, you should also seek treatment for corns and calluses.To identify corns or calluses, your doctor will examine your feet. They may press on different areas to assess the sensitivity. They may also ask you to walk across the room, so they can assess your gait.They will likely ask you about your lifestyle habits, including:your footcare routineyour typical choice of footwearhow much walking and standing you dowhether you've participated in any sports or physically demanding activities recentlyThere are several treatments available for corns and calluses. Your doctor's recommended treatment plan will depend on your symptoms, as well as the cause of your corns or calluses.In some cases, they may refer you to a podiatrist or orthopedic surgeon for treatment.Home treatmentA variety of over-the-counter (OTC) treatments are available for corns and calluses. Typically, these treatments help soothe pain or discomfort while relieving pressure.One of the most common treatments is corn plasters, which are thick rubber rings with an adhesive surface. When applied around corns, they can help relieve the pressure. They can sometimes cause thinner skin around the corns to thicken.Callus pads provide similar treatment for calluses. They are adhesive pads that can be applied to callused areas. They help limit friction and pressure.It may also help to soak corns or calluses in warm water for 20 minutes. Then gently rub the corn or callus with your finger or pumice stone. Other soaks include apple cider vinegar, tea tree oil, and more.If you have corns or calluses that don't respond to home treatment, bring them to your doctor's attention. They might be a symptom of an underlying medical condition.Surgery for callusesIf your podiatrist thinks it's necessary, they may recommend surgery to remove corns or calluses. This is typically only necessary if corns or calluses are causing you a lot of pain and stopping you from walking comfortably.To perform the surgery, your podiatrist or surgeon will use a sharp blade to remove the thickened area. This usually isn't painful. You will likely be able to walk again immediately afterward.Corns and calluses may clear up on their own if you remedy the cause. They may also resolve on their own if they appeared due to participation in an athletic event, such as a marathon.If you don't treat corns and calluses when they develop, they might persist or grow larger until you fix whatever is causing them. In some cases, corns and calluses may become infected and make walking painful. If this happens, let your doctor know. You may need medical treatment.Some scarring may remain after corns or calluses have been removed or healed.You can prevent corns and calluses in several ways.Comfortable shoesWear comfortable socks and shoes that are well fitted and cushioned.When you're shopping for shoes, go in the afternoon, when your feet tend to be at their widest. This can help you choose shoes that will fit well and stay comfortable all day.General foot careDry your feet carefully after washing them or getting them wet. Then apply a moisturizing foot cream. This can help soothe and soften the skin on your feet.Use a foot file or pumice stone to remove patches of hard skin from your feet. Replace your foot file regularly. Allow your pumice stone to dry thoroughly between each use.Report foot painLet your doctor know if you develop any foot pain or discomfort when walking. Foot pain isn't normal. It's usually quite easy to identify the cause.A number of treatments are available to help solve foot problems and prevent future issues.If you develop corns or calluses, you may be able to manage them by changing your footwear and using home treatments.If you have corns or calluses that are painful, become infected, or don't resolve with home treatment, let your doctor know. You should also let your doctor know if you develop corns or calluses and you have diabetes or other medical conditions that increase your risk of infections.In some cases, your doctor might refer you to a specialist for treatment.



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