

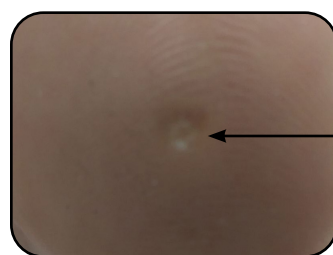
Seed Corns

What is a seed corn?

- A **corn** is a thick, hard layer of skin. It has a hard centre with swollen skin around it.
- A **seed corn** is a type of corn that is very small. It usually looks like a hard circle.
- Seed corns usually form on the soles (bottoms) of the feet.
- Seed corns often have no symptoms. They may hurt if you press on them while you are walking or running.

What causes a seed corn?

- A seed corn can be caused by:
 - › Your skin trying to protect itself from friction (rubbing) or pressure
 - › Dry skin, usually on the heel or the plantar (thick tissue that makes up your arch) of the foot, where there is constant friction
 - › Walking barefoot
 - › Wearing shoes or sandals with no socks
 - › Wearing socks or shoes that do not fit well
 - › Wearing tight shoes or high heels that squeeze your feet
 - › Wearing loose shoes that slide and rub against your feet
 - › Your foot rubbing against a seam or a stitch inside your shoe
 - › Standing on a hard surface for a long time
 - › Putting more pressure on certain parts of your foot when you walk



Seed corn on
the plantar of
the foot

You may be at a higher risk for a seed corn if you have:

- › Certain conditions (like diabetes or any condition that causes poor blood flow to your feet)
- › Foot problems (like a bunion or a hammer toe)
- › A job that causes repeated friction or pressure on your feet and involves a lot of walking on hard surfaces (like construction, nursing, fishing)

How is a seed corn treated?

- Seed corns usually go away when you stop the cause of the friction or pressure.
- If you are healthy, you do not need treatment. You will only need treatment if a seed corn hurts or you do not like how it looks.
- If you do want to treat it, soak your foot in warm water to help soften the skin.
Do not use hot water.

- › After soaking, file the seed corn lightly. Then put on a lotion with urea. Ask your pharmacist to recommend a brand of lotion with urea.
- › You can also go to a local foot clinic to have it treated professionally.

This pamphlet is for educational purposes only. It is not intended to replace the advice or professional judgment of a health care provider. The information may not apply to all situations. If you have any questions, please ask your health care provider.

Find all patient education resources here:
www.nshealth.ca/patient-education-resources

Connect with a registered nurse in Nova Scotia any time:
Call 811 or visit: <https://811.novascotia.ca>

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