

# Seed Corns

## What is a seed corn?

- A corn is a thick, hard layer of skin. It has a hard centre surrounded by swollen skin.
- 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 happen when your skin is trying to protect itself from friction (rubbing) or pressure.
- Dry skin can cause seed corns. It happens most often on the heel and the plantar (thick tissue that makes up your arch) of the foot where there is constant friction.
- They can be caused by:
  - › walking barefoot.
  - › wearing shoes or sandals without socks.
  - › wearing shoes or socks that do not fit well.
  - › wearing tight shoes and 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 a lot of walking on hard surfaces (like construction, nursing, fishing).

## How is a seed corn treated?

- Seed corns usually go away when you remove 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 them, soak your feet in warm to help soften the skin. **Do not** use hot water. After soaking, file them lightly. Then use a lotion with a urea base. You may also want to consider attending a local foot clinic to have them managed professionally.

**What are your questions?  
Please ask. We are here to help you.**

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.

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