

Calluses

What is a callus?

- A callus is a thick, hard layer of skin.
- Calluses often form on pressure spots (like your palms, knees, or on the heels and balls of your feet).
- Calluses usually do not hurt.



What causes a callus?

- A callus can happen when your skin is trying to protect itself from friction (rubbing) or pressure. A callus 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.

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

- › certain conditions (like diabetes, or any condition that causes poor blood flow to your feet).
- › less mobility (movement) or an issue that causes you to put more pressure on certain parts of your feet.
- › obesity (being overweight). Obesity causes more pressure on the soles (bottoms) of your feet.

How is a callus treated?

- Calluses usually go away when you remove the cause of the friction or pressure.
- You will only need treatment if a callus hurts, or you do not like how it looks.