

Coping with Corns



Feet under pressure. The untold story of corns.

Corns on the tops of your toes are Mother Nature's way of protecting good skin from constant pressure. If you could wear thongs or even go barefoot corns on the tops of your toes would simply disappear. So the solution is simple, remove the pressure and you remove the corn.

How to find the answer? Like most treatments the simplest options should be tried first.

Step 1

Examine your shoes. If the inside of the shoe is worn and the outside shows the shape of the toe sticking up, it indicates a shoe fitting problem. Ideally, ladies who have a long history of painful toes need to wear more casual shoes, keeping dressy shoes (which often irritate the problem) for dress occasions only.

As a Comfort Club member our foot experts are always happy to give you an opinion as to the suitability of your current shoes.

Step 2

If the toes are so misshapen that corns continue to develop, a podiatrist is required. They may use a 'test' padding before moulding individual silicone toe shields to remove pressure from the sore spot. These shields protect the toes, fit under the stocking and are removed for bathing. This treatment comes highly recommended. We suggest you contact your local podiatrist or ask for further advice from our Comfort & Fit team.

Step 3

When all other methods have been exhausted, yet the toe continues to cause distress, surgery may be required.

Advice should be sought from your podiatrist or doctor.

WARNING

Never use corn plasters. They contain acid which destroys the skin and may lead to infection. This situation is particularly harmful if you have diabetes or circulation problems (like varicose veins or swollen ankles). Toes that react to corn plasters may take a long time to heal or, at worst, not heal at all resulting in skin grafting or amputation.

Most toe problems have a solution and Comfort & Fit are happy to recommend a podiatrist in your area who can help... all you need to do is ask. Alternatively you can telephone one of our stores to obtain some free advice as we have podiatrists in-store every week.



Five Melbourne Stores: Head Office. Bentleigh: 357 Centre Rd. ☎9557 7520 Frankston: 15 Thompson St. ☎9770 5044

Glen Waverley: 58 O'Sullivan Rd. ☎9886 5399 Greensborough: 63 Main St. ☎9432 6344 Niddrie: 368 Keilor Road. ☎9374 4011

©1996, Copyright, Pollock Podiatry Group Pty Ltd. The Original Comfort & Fit. Also available: Orthotics, Bunions, Ingrown Toenails, Heel Pain, Sports Feet, Children's Feet, Flat Feet.