

Corns and Calluses



What is a Corn or Callus?

Corns - also known as "heloma" in medical terms describes thick areas of skin that develops as a result of an excessive amount of pressure and friction being applied to the skin. Corns rather than being a defect, are our body's protective mechanism from further damage.

There are different types of corns that develop; hard corns known as heloma durum and soft corns known as heloma molle.

Foot corns are hardened layers of skin and circular, they also have a translucent center with a dense knot of skin known as a core. They can become painful or ulcerated due to your skin's response to friction, pressure or rubbing.

Corns most often develop on the top of the toes, between the toes or on the soles of the feet.

Calluses – are rarely painful, and usually develop on the soles of your feet, in particular under the heel and the ball of the foot.

Varying in size and shape calluses are often larger than corns.

What causes Corns or Calluses?

Wearing ill-fitting shoes: tight shoes and high heels can compress areas of your feet. When footwear is too loose, your foot may repeatedly slide and rub against the shoe. Your foot may also rub against a seam or stitch inside the shoe.

Skipping socks: wearing shoes and sandals without socks can cause friction on your feet. Socks that don't fit properly can also be a problem.

How is it Treated?

Treatments may be operational or non-operational.

Non-operational:

Moisturize your skin: Apply moisturizer to your feet to help keep the skin soft.

Wear comfortable shoes and socks: Stick to well-fitting cushioned shoes and socks until your corn or callus disappears.

Avoid wearing tight/pointed shoes: **Do not use a corn pad as it contains salicylic-acids and when applied improperly, these corn pads can create a chemical burn in healthy tissue that may result in infections and ulcers.

Regular podiatry visit: Podiatrists can reduce the painful corn by debridement and manufacture a custom-made toe separator to reduce excessive pressure.

Operational:

Corns: Surgery aims to remove the enlarged joint (arthroplasty), or the inflamed thickened tissue.

Calluses: Typically, surgical removal of a callus is not required as the hard skin can most often be removed without surgery. In rare cases, foot surgery may be necessary to correct an underlying cause of the callus (eg. surgical removal of a bunion).

When is Surgery needed?

Surgery is considered in patients who have not responded well to non-surgical treatments.



Costs

Initial Consultation	(30 minutes)	\$160
Subsequent Consultation	(30 minutes)	\$120

Costs of surgery varies depending on the procedures required for your deformities. During your first consultation, Dr Kim will assess your condition and give you a written quote so you can contact your private health insurance to find out your out-of-pocket costs.

FAQ

Do I need a referral?

No referral is required to see Dr Kim unless you are claiming DVA or Workers Compensation, which requires specific referral paperwork, and cannot be seen without this.

Are you an Orthopaedic Surgeon?

No, I am not. I am a Podiatric Surgeon who is also recognized as a specialist under AHPRA.

How long will I be off my feet?

Most foot surgery allows patients to be on their feet immediately following the procedure but are expected to wear a protective post-operative shoe over their bandaging to protect the surgical site. In the first 3-7 days, patients are expected to rest as much as possible even when they are able to walk. At your first post-operative review (usually 7 days following), Dr Kim will discuss your progress and anticipated recovery, as well as your progression into normal footwear such as runners and flat casual shoes. For the majority of patients, a return to normal footwear occurs at 3-4 weeks following the procedure although this does vary.

When can I drive?

Generally speaking, no patient should drive a motor vehicle in the first week following surgery. From then on, it is very much dependent on the type of procedure performed. The average time taken off driving is 3-4 weeks.

When can I fly?

Not in the first week. The decision to fly is made on an individual basis for each patient and procedure performed. Flying too soon following surgery can prolong swelling and may theoretically increase the risk of blood clots in the legs (deep vein thrombosis).

When can I work again?

If you work at a desk with minimal time on your feet, it may be as early as one week. More active employment usually is considerably longer.

What are the risks?

Elective foot surgery is very safe. The risks of foot surgery are similar to those of other surgeries such as infection and deep vein thrombosis. There are also risks associated with having certain medicines during and after surgery, such as nausea and vomiting. Any risks associated with surgery are explained during a pre-operative consultation at which time written consent is given. Absolute care is taken to ensure that consent to undergo surgery is only given once all questions have been answered to the patient's satisfaction and all possible risks have been explained.

About Us

Dr Ji Soo, Kim is a highly qualified foot specialist, holding both a Bachelor of Podiatric Medicine and a Doctor of Clinical Podiatry.

He holds dual registration with AHPRA as both a podiatrist and a specialist podiatric surgeon and is a fellow of the Australian Association of Podiatric Surgeons.

Dr Kim and the team at Brisbane and Gold Coast Foot Surgery are dedicated to working with you to accomplish the best possible outcomes for your foot health, mobility, and quality of life.

Specializing in conditions affecting the feet and ankles for patients both young and old. This is achieved with treatments or surgery that will help you regain your lifestyle, movement, and mobility so you don't miss out on living your life to the fullest.

Why Choose Us?

Dr Kim takes his time to clearly explain non-surgical and surgical treatments of your problems and if surgery is deemed necessary, he will thoroughly explain procedure and risks/ complications.

Dr Kim believes the post-op care is the most important, so his mobile number is given to all patients after surgery to make sure he is only a phone call away if you have any questions about your recovery or when he is needed.

What is Podiatric Surgery?

Podiatric surgery is a specialty of the podiatry profession that specializes in the surgical and non-surgical treatment of foot, ankle, and related extremity structures. Podiatric surgeons are recognized as registered specialists by AHPRA (Australian Health Practitioner Regulation Agency) and perform hospital-based surgery within private hospital and licensed day surgery centers.

Information about Medicare & Private Health Insurances.

Podiatric surgery is currently not covered under Medicare. Most private health insurance funds provide rebates for a range of podiatric surgery services, including hospital costs and surgeon's costs, but this depends on your level of cover.

If your private health insurance only covers a small part of podiatric surgery, you may change your health insurance to one that does choose to cover some or all of this service, lobby your fund to change its policy and/or provide you with what is called an 'ex-gratia' payment.