

Calluses: Handle with care

ANCHOR LEDE

Follow enough dermatologists on social media, and you're bound to come across a viral video of a person with a ton of dead skin on their foot. The provider usually narrates while they chip away – literally – at the problem.

Thankfully, that's not the norm. But you should still know the right way and the wrong way to remove foot calluses.

TAKE VO

Calluses can occur when you wear shoes that don't fit well, when you don't wear socks with shoes, when you have foot bones out of normal position or if you do a lot of physical activity. Severe cases may also be genetic.

OSF HealthCare podiatrist Doctor Marc Leonard says some exfoliation of your skin is natural, but you should look into treating calluses if the pain impacts your quality of life. He adds that people with diabetes need to pay close attention to calluses.

SOT

Dr. Marc Leonard

OSF HealthCare podiatrist

"If that callus builds up enough, puts pressure underneath the skin and breaks the skin down, it can cause ulcerations that can lead to infection or amputation." (:09)

VO TAG

At-home remedies include a pumice stone or nail file. But always follow a provider's directions. Never use something like a razor.