

# Tips To Manage & Prevent Calluses On The Feet



Soak your feet in warm water for ten minutes before filing the callus.



Use a callus remover in circular and sideways motions to file the callus.



Avoid being aggressive with the callus to prevent cuts and infection.



Moisturize the feet every day to gradually soften the remaining callus.



Trim the toenails to reduce the risk of calluses around the nails.



Use corn pads to protect the callus from further shoe-induced irritation.



Avoid wearing shoes that are too tight or too loose.



## Reference:

1. How To Treat Corns And Calluses; AAD