

## Corn Removal Surgery

There are actually two different types of corns: soft and hard. Depending on which type of corn you have, and what is causing it, a good New York podiatrist may suggest surgical removal of the corn. If a corn comes back in the same spot repeatedly despite treatment, then more than likely there is an underlying problem with the bone. Other types of foot surgery would be required to correct such an issue. You may have:

- A rotated or misaligned toe
- Hammertoe
- Mallet toe

## Determining the Type of Corn

**Hard corns** are dry, often conical in shape and described as “horny” in appearance. These types of corns can have a center that causes pain. If you have a hard corn, most podiatrists will only suggest surgery if regular treatments won’t work, if the corn has become painful or if the corn is due to a bone issue that needs to be corrected. Hard corns are very common on the pinky toe, where your shoe rubs and until better footwear is used or a cushion is put in place, the corn will continue to exist. Most foot doctors will not recommend operation on a pinky toe corn unless there are other issues. If your underlying issue is something like hammertoe, and your corn is very sore and causing pain, your podiatrist will most likely suggest surgery to first correct the hammertoe and then remove the corn.

This type of corn can be confused with or even misdiagnosed initially as a planter wart, when it is actually a plantar corn or a nucleated corn, which means it has a hard center. Warts typically have little black dots in the center, indicating where it is attached to the body; hard corns do not have a visible center.

**Soft corns** are an extremely painful, soft build-up of tissue from too much moisture and shows up between the toes. This type of corn is often associated with athlete’s foot. Soft corns can occur between any toes but is most commonly seen between the fourth and fifth toes. Like hard corns, soft corns can also be the result of a bone structure issue, such as when the fourth and fifth toes have bones that are pressing on one another in some fashion. These corns can be white instead of yellow, and may go down quite far into the webbing between. Soft corns are also prone to infection if not treated right away.

## Corn Removal Procedures

Hard corn removal:

- A nucleated corn, which is a corn with a center that makes it painful to walk, can be removed in-house at your podiatrist’s office. A hollow needle-like instrument (also known as a biopsy

punch) is used to remove the entire corn down to the root. The needle surrounds the center of the corn. The doctor uses a slow twisting action to push the punch down until you say you can feel pressure or pain. At that point, the doctor removes the needle with the entirety of the corn. Benefits of your foot doctor in New York performing this procedure include:

As an in-office, out patient procedure, there is no need for a scheduled, day-long hospital visit.

Patients say that the pain of the corn is gone immediately

Patients can typically return to work immediately

Very little surgical expertise is needed by your foot doctor

There is very little bleeding

Your wound is bandaged, you are required to wear soft shoes like slippers and the bandage is changed 5 days after surgery.

The best podiatrists can remove several small corns at the same time

This practice, however, is not a good procedure for removing very large corns

- Surgeries on the bones of the foot may be required before any corn removal can be performed. Most foot doctors in New York city will tell you there is no point in removing the corn when there is an underlying bone issue, as the corn will continue to reappear as long as the bone structure remains unchanged. In this instance, your foot doctor removes the corn, "bursa" and a small portion of bone. Corns should not come back after this type of corrective surgery.

Soft corn removal:

- A typical soft corn surgery to correct the underlying bone structure involves your podiatry doctor removing a part of the bone in the fifth toe. During surgery, the doctor may find that other corrections are needed, such as:

If the toe is curled, then the podiatrist will perform what is called a tendon release, which allows the tendon to relax and the toe to uncurl

Sometimes the bone of the fourth toe is smoothed as well

If the doctor notes that the webbing between the toes is severely damaged, he may remove the skin between the fourth and fifth toes, sewing those toes together when done

- A gauze dressing is applied and the patient is usually instructed to stay off their feet for three days, keeping it elevated. Your activity will probably be limited for two to three weeks while you heal. The bandages should remain dry and so you cannot get your foot wet until after the stitches are removed, which is at the ten to fourteen day mark. In the meantime, you'll need

to wear a post-operative shoe whenever you want to walk, to protect the stitches and the incision. You might be able to wear your regular shoes again in two weeks, although the average patient wears the special shoe for three to four weeks.

- You will be able to walk normally once healed, even if the doctor had to sew your fourth and fifth toes together, as it does not impede your foot's ability to move normally.

At home cutting of corns is not recommended, as infection is much more likely to occur. Similarly, using products that contain acid to eat away at the corn can cause good skin to be eaten away as well, leaving the skin open to infection. It is much better to allow your foot doctor to take care of your corns.