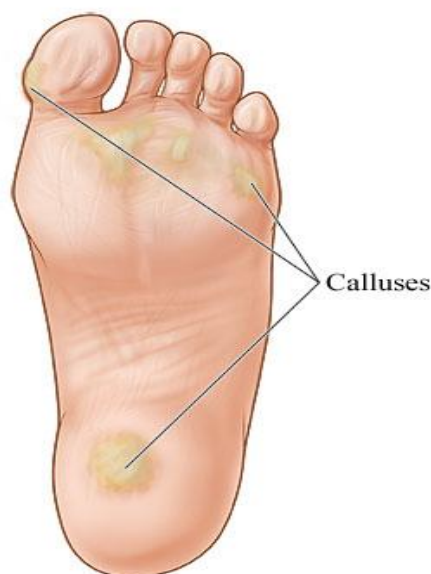


Callus

- Callus is a hard, thickened area of skin usually caused by pressure over that area of the foot.

The following instructions are recommended:

- Gently use a pumice stone or foot file once a week.
- NEVER use scissors or razors to remove callus.
- Apply moisturising cream daily, such as:
 - Sorbolene
 - Vitamin E cream
 - Urea cream e.g. heel balm
- Wear shoes with an enclosed heel. These provide support to the heel and help prevent the heels forming callus or cracks.



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Community Care Podiatry
Community Health Intake (CHI): 6207 9977