

THAT'S ROUGH! Miss Foot Fixer scrapes stubborn corn off woman's toe in disgusting video

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24 Dec 2019, 12:17 | Updated: 24 Dec 2019, 12:17



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THIS is the stomach-churning moment a podiatrist scrapes off a stubborn corn from a woman's little toe.

The disgusting procedure was filmed and performed by Marion Yau - known as Miss Foot Fixer - at London's Harley Street Foot and Nail Clinic in November.



The video starts with the podiatrist scraping at the tough corn with a scalpel
Credit: Caters News/Miss Foot Fixer

Her patient arrived at the appointment with a corn burrowed deep on her the last toe of her left foot.

Corns and calluses are hard or thick areas of skin that aren't usually serious but can be painful.

This patient's corn had left a tough exterior for Marion to work on, so she had to carve her way down, layer by layer, to extract it.

Ms Yau used specialist scalpels to remove the hard, dead skin that the small corn had caused.

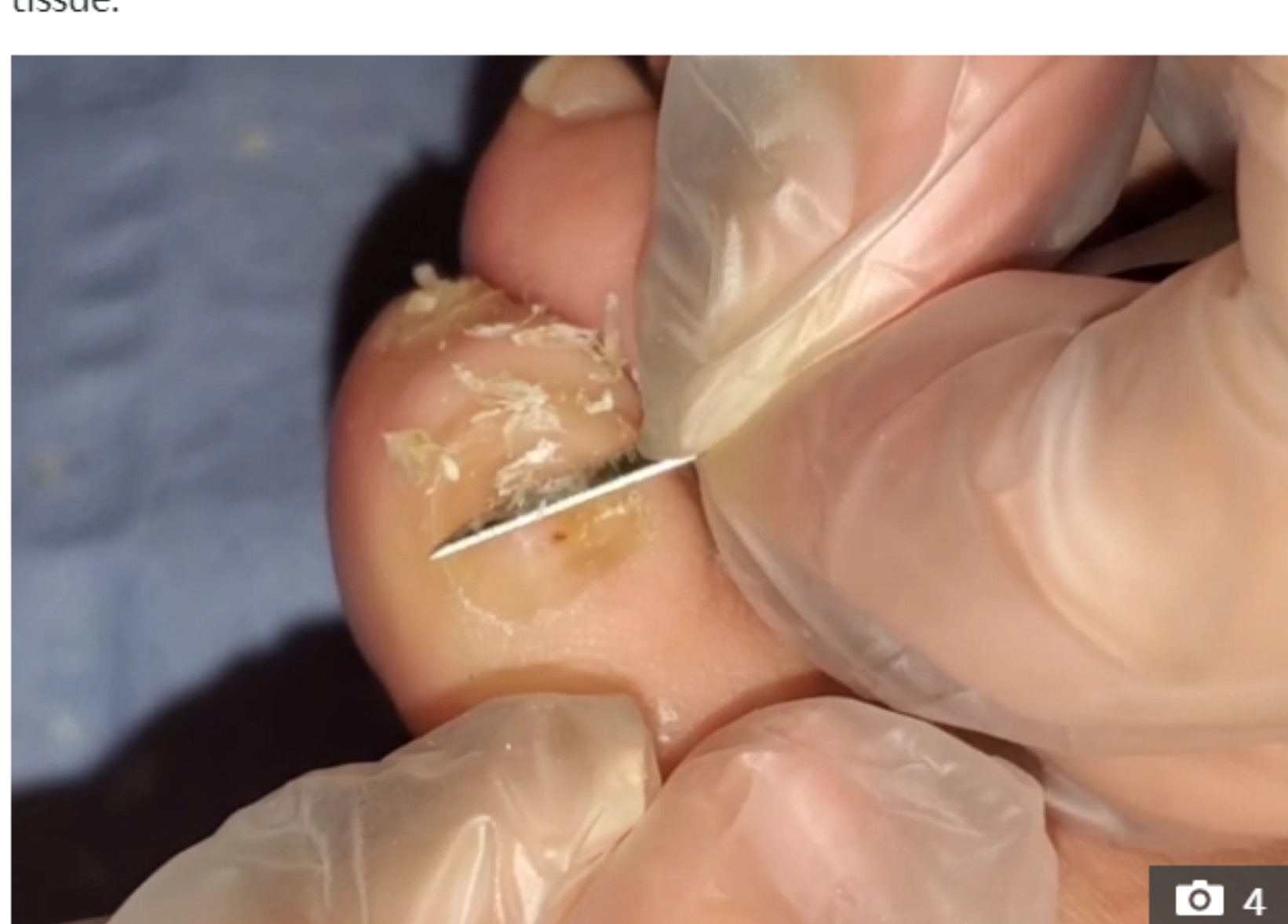
Specialist treatment

She took care when removing the callus skin, making sure not to catch any sensitive tissue on the little toe.

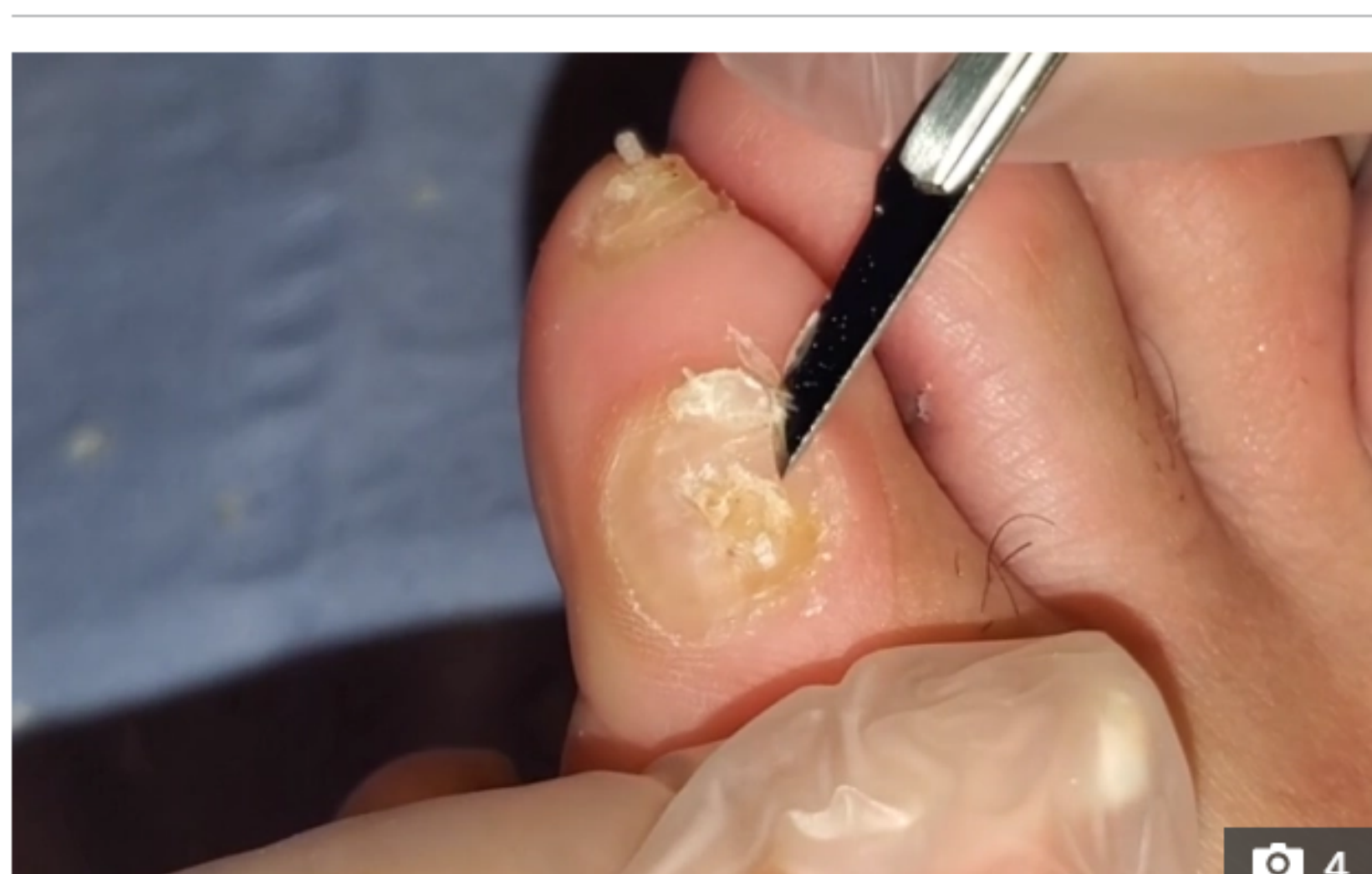
Eventually, Miss Foot Fixer successfully extraction the root of the problem and dressed the foot to allow it to heal.

Marion said: "Hard skin and corns can cause excessive pressure and breakdown of tissue on the toe.

"Therefore a scalpel blade was to remove it and expose any of the damage tissue.



Miss Foot Fixer gradually scrapes away at the tough skin
Credit: Caters News/Miss Foot Fixer



As the video goes on the corn appears to disappear
Credit: Caters News/Miss Foot Fixer

"The patient used self-treatment and left the lesion alone until it grew so big it hurt her toe and affected her walking.

"It was satisfying to take it off but I had it be careful to slowly take the hard skin , callus tissue off as it was very painful."

Corns and calluses are caused by pressure or rubbing of the skin on the hands or feet.

Things like wearing high heels, uncomfortable shoes or shoes that are the wrong size can cause them.

What to do if you have a corn or callus

- Wear thick, cushioned socks
 - Wear wide, comfortable shoes with a low heel and soft sole that do not rub
 - Use soft insoles or heel pads in your shoes
 - Soak corns and calluses in warm water to soften them
 - Regularly use a pumice stone or foot file to remove hard skin
 - Moisturise to help keep skin soft
- Source: NHS

Also not wearing socks with shoes, lifting heavy weights or playing a musical instrument can result in corns or calluses.

If you have diabetes, heart disease or problems with your circulation, do not try to treat corns and calluses yourself.

These conditions can make foot problems more serious so it's important to see a GP or foot specialist.



By the end of the clip the corn is almost unrecognisable as it's just left a small mark on her little toe
Credit: Caters News/Miss Foot Fixer