

## CORN PADDING INSTRUCTIONS

The following is a brief set of instructions for padding painful corns on your toes with felt aperature pads. If done properly, these pads can stay on your foot for weeks and months, even through showers!

Start by cleaning your foot well. Next dry your foot. This is the most important step. If desired, you can buy a skin adhesive spray from sporting goods stores like **Big 5**. If you apply this now, you will increase the wear time of the pad.

Remove a felt aperature from the backing and remove the hole (aperature) from the pad. Place the pad over the painful corn. Apply a small amount of antibiotic ointment in the aperature (hole). Apply the 1/2 paper tape as shown in the drawings.

It is ok to get the pad wet as long as you dry it well after your bath or shower. Swimming with the pad will decrease its longevity. If you have questions about this procedure, please ask our staff!

Sincerely,  
Drs. Wilson and Ichikawa

