



Callus Debridement [audio transcript]

This instructional video will outline callus debridement for primary care providers.

We will list the equipment you need and demonstrate the technique for performing callus debridement in a safe manner.

To begin with, you will need the following equipment: a number fifteen disposable scalpel blade, non-sterile gloves and protective eyewear, alcohol swab, a comfortable place to sit with good lighting, and a table on which the patient can sit and expose the callus.

The basic technique involves stabilizing the foot with one hand and using the other hand to hold the scalpel and debride the callus with a shaving motion: It is a series of short strokes starting from the center moving to the periphery.

The outline in the callus can be highlighted by using an alcohol swab, which will change the color of the callus tissue a whitish hue, as illustrated in this video here.

Notice how Emily holds the scalpel like a pencil, close to the end, near the blade. And this gives optimal stability.

The initial layers of the callus are very tough. But as you move along, into the under layers, the callus becomes softer.

In fact, the center of the callus is often mushy and you can see here in the video, there is almost a divot in the center.

Sometimes if you've got a pre-ulcer, ulcer underneath the callus, there you can see speckles of blood mixed in with the callus tissue.

It is important, as you are debriding, to intermediately palpate the callus so that you can note where the healthy tissue is and the thickened callus tissue.

As you proceed towards the end of the debridement, you want to trim around the edges so that the residual callus tissue, where it meets the skin, is relatively smooth.

And this reduces friction which reduces the recurrence of the callus.

Once the debridement is completed, there isn't any special need for dressings.

The key is that you need to have regular follow-up for people with calluses, because they do tend to reoccur.

Such people with high risk for calluses should be seen and followed up every one to three months and assessed as to what to whether or not their callus needs to be debrided again.