Assessed for eligibility (n=157)

Excluded (n=77)
- Not meeting inclusion criteria – e.g. no hyperkeratosis or insufficient pain (n=75)
- Other reasons – insufficient English to understand instructions (n=2)

Randomised (n=80)

Allocated to the intervention group – real scalpel debridement (n=41)
- Received allocated intervention (n=41)

Allocated to the control group – sham scalpel debridement (n=39)
- Received allocated intervention (n=39)

Lost to follow-up (n=1)
- Used other interventions (n=0)

Analysed (n=41)
- Excluded from the analysis (n=0)

Lost to follow-up (n=1)
- Used other interventions (n=2)

Analysed (n=39)
- Excluded from the analysis (n=0)