

BLISTER PREVENTION & TREATMENT



What causes a blister to form?

- Friction! Blisters typically develop when there is friction or irritation to the outer layer of skin. This causes the outer layer of skin to separate from the second layer of skin. Fluid then fills the gap between these two layers.

Prevention of Blisters:

- Never hike in shoes or boots that have not been “broken” in. Wear new shoes/boots around the house, at work or school, and on short walks before embarking on hiking trips.
- Shop for shoes/boots in the middle of the day. Your feet swell throughout the day, so a midday fitting tends to provide a better fit. Wear similar socks during the fitting that you will wear during your hikes.
- Wear socks made of wool, silk, or synthetic fabrics. Avoid cotton socks! Cotton does not wick moisture away from your feet and excess moisture accelerates the friction process.
- Tape susceptible areas such as the toes, the ball of the foot or the heel with duck tape, athletic tape, or moleskin before blisters appear.
- Application of talcum powder or petroleum jelly to the feet can help to reduce friction.

Treatment of Blisters:

- ✚ Cover a “hot spot” or unbroken blister with tape, moleskin, or Spenco Second Skin™.
- ✚ When a small blister is unbroken and is not causing pain, cut several layers of moleskin or molefoam in the shape of a doughnut and fit this around the blister to reduce friction and relieve pressure.
- ✚ With unbroken blisters that are causing pain, you should first cleanse the area with soap & water or a disinfectant prep pad. Then you should puncture the base of the blister with a sterilized needle. Gently press the fluid out of the blister and cover with a non-adhesive dressing or with Spenco Second Skin™.
- ✚ If a blister has already broken, be sure to clean out all dirt and sand before applying a protective dressing.